Pumpkin and Cinnamon Jam

Ingredients:

1.5kg pumpkin

500g caster sugar

150ml water

Juice 5 limes

3 cinnamon sticks

2-tablespoon golden syrup

\*If using butternut pumpkin ½ sugar ½ golden syrup

Method:

1.Peel clean and remove hard skin with a knife removing all seeds. Cut into small cubes.

2.In a saucepan add all ingredients and stir over low heat. Bring to the boil, simmer for 30-60 minutes till thick. Allow to cool.