



*Jam Jar*

**Sage**

# *Jam Jar*

 Makes 2 cups (500ml)

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2 Stalks rhubarb\*  
(leaves must be removed and not consumed)  
2 Courgettes, peeled  
1 English cucumber, peeled  
1 Red apple

 Makes 1 jug (2 Litres)

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8 Stalks rhubarb\*  
(leaves must be removed and not consumed)  
8 Courgettes, peeled  
4 English cucumbers, peeled  
4 Red apples