



Cook

Dinosaur Toast & Jam

Total Time	Prep Time	Cook Time
30m	10m	20m

Arlo and Spot roar their way through an epic adventure in *The Good Dinosaur*.

Make this homemade sugar-free jam inspired by one of their favourite foods: berries!

The Good Dinosaur asks the question: What if the asteroid that forever changed life on Earth missed the planet completely and giant dinosaurs never became extinct? In this epic journey into the world of dinosaurs, an Apatosaurus named Arlo makes an unlikely human friend in Spot.

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What You'll Need

- 200g fresh strawberries
- 200g fresh raspberries
- 175ml honey
- 175ml unsweetened apple juice
- 50g no sugar added pectin
- Sliced wholemeal bread for toast
- Dinosaur cookie cutter

How To Make It

- 1 Hull the strawberries and slice into quarters. Hull and squish the raspberries

- 2 Place the berries in a large saucepan with the pectin. Whisk together. Bring to the boil stirring constantly.
- 3 Once boiling, add the apple juice and honey and boil for another 3 minutes, stirring occasionally. A foam may appear on the top, spoon the foam off as it appears
- 4 Store in air tight, sterilised containers or sterilised jam jars.
- 5 Toast the bread, cut out dinosaur shapes, serve with jam and extra berries.

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