



Strawberry Freezer Jam

“Canning and Preserving is Fun and Easy”

Yield: about 4 1/2 cups, 72 servings

Serving Size: 1 tablespoon

Ingredients:

- 4 pints strawberries, washed and hulled
- 1 package Ball Freezer Fruit Pectin
- 1 1/2 cups sugar

Directions:

Crush berries with a potato masher (a flat bottomed pot works better than a bowl) and measure out 4 cups. Set aside. Stir sugar and pectin together in a large bowl. Stir in crushed berries until the sugar dissolves. Ladle into clean freezer containers, leaving 1/2 inch headspace. Let stand until thickened, and then freeze.

Note: With this type of pectin, the sugar can be reduced.

(Each serving provides 20 calories, 0 calories from fat, 0 grams fat, 0 grams saturated fat, 0 mg cholesterol, 15 mg sodium, 5 grams carbohydrates, 0 grams fiber, 5 grams sugar, 0 grams protein)

Source: Adapted from Ball recipe on the fruit pectin package