

Fresh & Fast Food Ideas

Fun, Easy And Freezy: Homemade Jam

(NAPSA)—Strawberry-raspberry. Pineapple-banana-orange. Today, it's possible to make a variety of fruity jams, via a process so simple that even children can get in on the fun. It is, in a word, cool.

That's because rather than heat, this process uses the freezer to help preserve the natural goodness and flavor of fresh (or frozen) fruit. There's no cooking involved; just mash up the fruit, mix in Ball® Fruit Jell® Freezer Jam Pectin (a powder that helps the mixture gel), put it in a jar and freeze it.

With the help of the Freezer Jam Pectin, it's also possible to turn fruit and yogurt into fun "fruitsicle" pops that kids can enjoy while getting some of their recommended five daily servings of fruits and vegetables.

To help make jam preparation easier, Ball has developed a variety of jars that are terrific for freezing and canning, including Quilted Crystal Jelly Jars, as well as a new plastic freezer jar. Both are stackable to prevent spilling and to save space in the refrigerator or freezer. In addition, they are stain-resistant and dishwasher-safe.

Here's one terrific jam recipe that can be made any time of the year to get you started:

Three Berry Freezer Jam

3 (6 oz.) bags frozen unsweetened strawberry, blueberry and blackberry fruit combination

1½ cups sugar

1 (1.59 oz.) pouch Ball® Fruit Jell® Freezer Jam Pectin



With fun and easy freezer jam, you can savor all sorts of delightful fruit combinations.

Defrost berry combination, allowing a few ice crystals to remain. Crush berries with a potato masher. Measure 4 cups crushed berries; set aside. Combine sugar and pectin in a medium bowl, stirring until evenly combined. Add crushed berries. Continue stirring for 3 minutes. Ladle jam into Ball Freezer Jars, leaving ½-inch headspace. Adjust caps. Let jam stand at room temperature until thickened, about 30 minutes. Label jars and freeze. Yields about six 8-ounce jars.

To receive a free brochure with luscious recipes and fun serving suggestions, call Jarden Home Brands at (800) 240-3340. For more tips, recipes and canning hints, visit www.homecanning.com.