

Strawberry Freezer Jam

If you are considering preserving but unsure where to start, one of the easiest methods is preserving through freezing. My mom always made this tasty treat every year and this remains a family favorite. As we near spring, strawberries will become plentiful in local grocery stores and farmers markets.

We love to eat this for breakfast on toast or with a homemade biscuit. It makes a wonderful topping for ice cream and can also be a great gift for family & friends!



4 cups strawberries, yielding 2 cups crushed
2 TB fresh lemon juice
4 cups sugar*
1 box Sure-Jell Fruit Pectin*

Remove and discard strawberry stems.
Crush strawberries. Measure 2 cups of prepared fruit into large bowl.

Measure exact amount of sugar into separate bowl. Add sugar to prepared fruit or juice, mix well. Let stand 10 minutes, stirring occasionally.

Combine pectin and lemon juice in a small bowl. Add to fruit mixture, stir 3 minutes or until sugar is completely dissolved.

Pour into prepared containers, leaving ½ inch space at the top of each container for expansion during freezing.

Cover with lids. I have used both jars and plastic freezer safe containers. Let stand at room temperature for 24 hours or until set. Refrigerate up to 3 weeks or freeze up to 1



year. If frozen, thaw in refrigerator before using.

* Do not reduce sugar or use sugar substitute as this will result in set failures.

To make this recipe more diabetes friendly, make with No-Sugar or Less Sugar Pectin to provide a healthier alternative.

For no-sugar or low sugar jams or jellies, use Sure-Jell for Less Sugar or No Sugar needed recipes. For exact measurements with these options, review the packet inside the Sure-Jell box.

