

# NO COOK FREEZER JAM

Makes 5 Half-Pints

- 4 cups crushed fruit (fresh or frozen)
- 1 ½ cups sugar or Splenda® No Calorie Sweetener (granular)
- 1 pouch Mrs. Wages® No Cook Freezer Jam Fruit Pectin

*Mix. Freeze. Enjoy.*

**PLACE** prepared fruit in a bowl and crush to desired consistency. Note: if using frozen fruit, allow fruit to thaw in refrigerator before crushing.

**COMBINE** sugar or Splenda® No Calorie Sweetener and Mrs. Wages® No Cook Freezer Jam Fruit Pectin in a small bowl. Blend well. Stir sugar mixture into crushed fruit. Stir for 3 minutes.

**Ladle** jam into clean, freeze-safe containers, leaving ½-inch headspace. Secure lids and let stand 30 minutes to thicken. Note: freezer jam set is softer than cooked jam.

**Store** in freezer up to 1 year.

## Fresh & Frozen Fruit Amounts

FRUIT	FRESH	UNSWEETENED FROZEN
Strawberry	4—1 lb containers	3—12 oz bags
Raspberry	6—6 oz containers	3—12 oz bags
Peach*	12 medium	3—16 oz bags

For additional fruit suggestions, see [mrs wages.com](http://mrs wages.com).

\* For peaches, use peach freezer jam recipe at [mrs wages.com](http://mrs wages.com)