



Mrs. Wages® Sugar Free Fruit Pectin Home Jell®

Before You Begin:

- PREPARE and PROCESS home canning jars and lids according to manufacturer's instructions for sterilized jars.
- Keep jars hot until filled.
- Select fresh, firm, ripe fruit at the peak of flavor. Discard under ripe or defective pieces.
- Wash fruit and berries in a colander under cold running water.
- Use only commercially bottled lemon juice.
- Use full amount of sugar called for in the recipe chart. Reducing the sugar may prevent gelling.
- To ensure best results, do not alter the recipes in any way.
- Use sugar substitutes only in those recipes indicated for Mrs. Wages® Sugar Free Fruit Pectin Home Jell®.
- Doubling recipes is not suggested as the product may not set.
- Keep in mind that your jams or jellies could take up to two weeks to set.
- Process jams and jellies in a boiling water bath canner.
- After processing, do not attempt to retighten the bands on the jars as this may crack the seal.
- **Liquid and powdered pectin are not interchangeable. These recipes are for Mrs. Wages® Pectins only. Substituting other brands of pectin can cause failure of product to set-up.**

You will need:

- Measuring cups and spoons
- Jelly bag or cheesecloth
- Large metal spoon or skimmer
- 6-quart to 8-quart or larger saucepan
- Colander
- Timer
- Jar funnel, jar lifter, tongs
- Canning jars with 2-piece lids (lids and rings)
- Water bath canner or other large metal container with rack and cover

Jelly from Bottled Juices:

Fresh fruits and berries not in season? Use commercially prepared unsweetened bottled juice, for the "Prepared Juice" amounts in our jelly recipe chart. No messy juice preparation, no measuring - just pour into saucepan, and continue with Step 5 of instructions under Cooked Jelly and Jam Instructions.

It's up to you to add sugar with Mrs. Wages® Sugar Free Fruit Pectin Home Jell®. Mrs. Wages® Sugar Free Fruit Pectin Home Jell® is special fruit pectin that does not require sugar to gel, so you can enjoy the true fruit goodness and fresh fruit taste of jam or jelly made with reduced sugar or sugar free. If you prefer, sweeten your jam or jelly with a non-sugar sweetener.

Jam and jelly made with Mrs. Wages® Sugar Free Fruit Pectin Home Jell® will differ from jam and jelly made with Mrs. Wages® Fruit Pectin Home Jell® in three ways:

1. Jelly made with less sugar, or sweetened with non-sugar products, will be less clear than regular jelly. This won't affect its good, fruit flavor.
2. You may see some "weeping" or surface moisture after jam or jelly has been opened and refrigerated. Small amounts of liquid won't affect flavor or texture. It can be absorbed from jelly surface with a paper towel or stirred back into jam.
3. Texture may change after refrigeration. You may notice a firmer set and a slight loss of spreadability. (Soft-set jam or jelly can be firmed by refrigerating.)

Cooked Jelly and Jam Instructions with Mrs. Wages® Sugar Free Fruit Pectin Home Jell®:

1. Prepare home canning jars and lids according to manufacturer's instructions for sterilized jars. Keep jars hot until filled. Always use new lids.
2. Measure sugar or non-sugar sweetener into dry container and set aside.
3. Prepare fruit as directed in recipe chart.
4. If making jelly, extract juice by placing prepared fruit in damp jelly bag or use several thicknesses of cheesecloth to form bag. Twist bag together at the top. Squeeze or press gently to increase flow. To improve clarity, filter juice through damp cheesecloth. For clearest juice, double the specified amount of fruit and let juice drip through bag without squeezing. Measure juice with standard liquid measuring cup. If juice yield is slightly short, add water to pulp in bag and squeeze again.
5. Place measured juice or prepared fruit into 6-quart or 8-quart saucepan. Stir in Mrs. Wages® Sugar Free Fruit Pectin Home Jell® and bottled lemon juice, if listed. LET MIXTURE SIT 5-10 MINUTES. Then bring to a full boil over high heat, stirring constantly.
6. To add sugar or non-sugar sweetener:
 - If no sugar is used, boil* mixture for 1 minute, stirring constantly. Go to Step 7.
 - If a non-sugar sweetener is used, boil* mixture for 1 minute, stirring constantly. Remove from heat and stir in premeasured non-sugar sweetener. Stir well and go to Step 7.
 - If a sugar is used, add premeasured amount when mixture comes to a full boil*. Return to a full boil and boil for 1 minute, stirring constantly. Go to Step 7.*** Do not overcook pectin as it may break down and prevent gelling.**
7. Remove from heat and skim off foam. Quickly ladle into hot jars. Leave 1/4-inch head space at the top. Use a clean damp cloth to wipe any spilled jam or jelly from rims and threads of jars. Cover with hot lids and tighten rings firmly.
8. Set hot jars on rack in canner or large saucepan of boiling water. Water must cover jars by 1 or 2 inches. Cover canner and return to boiling. Boil for 5 minutes (begin timer when water has returned to a boil). At altitudes of 1000 feet or higher, increase processing time 1 minute for each 1000 feet of altitude. THIS STEP IS IMPORTANT.
9. Remove canner from heat, remove lid and let jars sit 5 minutes in canner. Remove jars from canner, set on a clean towel or rack to cool.
10. When cool, check seals. Lids should be down in the center or stay down when pressed. Label, date and store in a cool, dark, dry place. Unsealed jars should be refrigerated and used within 3 weeks.

Freezer Jam Instructions

1. Use plastic freezer containers or jars with tight fitting lids. Wash, rinse and immerse containers and lids briefly in very hot water or very hot dishwasher rinse.
2. Prepare fruit as directed in recipe chart and measure into large mixing bowl. Add bottled lemon juice, if listed. Set aside to use later.
3. Combine Mrs. Wages® Sugar Free Fruit Pectin Home Jell® and sugar, or non-sugar sweetener, together in a bowl. In a small saucepan add 1 cup of water and slowly stir in the pectin/sugar mixture to prevent lumping. Bring to boil. Stir constantly to prevent scorching or sticking. **Boil 1 minute.** Remove from heat and quickly stir pectin/sugar solution into crushed fruit. Continue stirring for 3 minutes.
4. Ladle jam into containers, leaving 1/2-inch head space at top. Cover containers and refrigerate. After jam has set (about 3 hours) transfer to freezer.
5. Store in freezer up to 1 year. Once a container is opened, keep in refrigerator and use within a few days.

A Note for Diabetics:

While significantly lower in carbohydrates per serving than regular jam or jelly, Mrs. Wages® Sugar Free Fruit Pectin Home Jell® products are not carbohydrate or calorie-free. With the advice of one's physician or diet counselor, appropriate amounts of Mrs. Wages® Sugar Free Fruit Pectin Home Jell® jam or jelly probably can be included in most diabetic diets. The total carbohydrate content of each jam or jelly made with Mrs. Wages® Sugar Free Fruit Pectin Home Jell® will depend on the fruit used and on the type and amount of sweetening agent used.

IMPORTANT: MRS. WAGES® SUGAR FREE FRUIT PECTIN HOME JELL® DIRECTIONS FOR USE AND RECIPES ARE NOT INTERCHANGEABLE WITH MRS WAGES® FRUIT PECTIN HOME JELL®.

Mrs. Wages® Sugar Free Fruit Pectin Home Jell®

JELLY

To Make	To Prepare Fruit for Juice Extraction	Amount of Fruit	Prepared Fruit Juice		Non-Sugar Sweetener		Sugar (Cups)	YIELD (Cups)
			(Cups)	Mrs. Wages® Sugar Free Fruit Pectin Home Jell® Package	packets	(Cups)		
Apple or Crabapple	Select ripe tart apples. Sort, wash and remove stem and blossom ends. Do not peel or core. Chop finely. Add 5 cups water, cover and simmer 10 minutes. Crush with masher and simmer 10 minutes longer, stirring occasionally.	4 lbs	4 4 5	1	0 18-24 0 0	0 0 1 2-3	0 4 4+ 5-6	4 4 4 5-6
Blackberry or Boysenberry	Sort, stem and wash, firm ripe berries. Crush thoroughly. Place in large saucepan; add 1 cup water, if needed. Cover and bring to a boil. Reduce heat and simmer 5 to 10 minutes.	12 cups	4 4 5	1	0 18-24 0 0	0 0 1 2-3	0 4 4+ 5-6	4 4 4 5-6
Blueberry	Sort, stem and wash, firm ripe berries. Crush thoroughly. Place in large saucepan, cover and bring to a boil. Reduce heat and simmer 5 minutes. Add 2 Tbsp bottled lemon juice to prepared juice.	12 cups	4 4 5	1	0 18-24 0 0	0 0 1 2-3	0 4 4+ 5-6	4 4 4 5-6
Sour Cherry	Sort, stem and wash, firm ripe cherries, but do not pit. Crush. Add ½ cup water, cover and simmer 10 minutes, stirring occasionally.	5 lbs	4 4 5	1	0 18-24 0 0	0 0 1 2-3	0 4 4+ 5-6	4 4 4 5-6
Grape (Concord)	Sort, wash and remove stems from firm ripe grapes. Crush one layer at a time. Add 1 cup water, cover and simmer 10 minutes, stirring occasionally.	4½ lbs	4 4 5	1	0 18-24 0 0	0 0 1 2-3	0 4 4+ 5-6	4 4 4 5-6
Grape (Muscadine)	Sort, wash and remove stems from ripe grapes. Crush one layer at a time. Add ¾ cup water, cover and simmer 10 minutes, stirring occasionally. Refrigerate extracted juice overnight. Filter through cheesecloth to remove any crystals which formed in the juice.	5 lbs	4 4 5	1	0 18-24 0 0	0 0 1 2-3	0 4 4+ 5-6	4 4 4 5-6
Mint	Wash mint leaves and stems. Crush or chop finely. Add 3 ¼ cups water and bring to a boil. Remove from heat, cover and let stand 10 minutes. Add green coloring, if desired.	2½ Packed cups	4 4 5	1	0 18-24 0 0	0 0 1 2-3	0 4 4+ 5-6	4 4 4 5-6
Peach	Wash and pit firm, ripe peaches. Do not peel. Crush or chop finely. Add 1 cup water, cover and simmer 10 minutes, stirring occasionally.	5 lbs	4 4 5	1	0 18-24 0 0	0 0 1 2-3	0 4 4+ 5-6	4 4 4 5-6
Pear	Wash, peel and core ripe pears. Crush or chop finely. Add 3 cups water, cover and simmer 10 minutes, stirring occasionally. Add 2 Tbsp bottled lemon juice to prepared juice.	5 lbs	4 4 5	1	0 18-24 0 0	0 0 1 2-3	0 4 4+ 5-6	4 4 4 5-6
Plum	Sort and wash ripe tart plums. Do not pit or peel. Cut into pieces and crush thoroughly. Add 1 cup water, cover and simmer 10 minutes, stirring occasionally. Sweet plums may need ¼ cup bottled lemon juice.	4½ lbs	4 4 5	1	0 18-24 0 0	0 0 1 2-3	0 4 4+ 5-6	4 4 4 5-6
Raspberry (Red or Black)	Sort, stem and wash firm ripe berries. Crush thoroughly. Add ½ cup water. Bring to boil.	15 cups	4 4 5	1	0 18-24 0 0	0 0 1 2-3	0 4 4+ 5-6	4 4 4 5-6
Strawberry	Sort, stem and wash, firm ripe berries. Crush thoroughly. Place in large saucepan; add 1 cup water, if needed. Cover and bring to a boil. Reduce heat and simmer 5 to 10 minutes.	16 cups	4 4 5	1	0 18-24 0 0	0 0 1 2-3	0 4 4+ 5-6	4 4 4 5-6

JAM

To Make	To Prepare Fruit For Jam	Amount of Fruit	Prepared Fruit		Non-Sugar Sweetener		Sugar (Cups)	YIELD (Cups)
			(Cups)	Mrs. Wages® Sugar Free Fruit Pectin Home Jell® Package	packets	(Cups)		
Apricot	Wash, peel and pit, firm ripe apricots. Cut into small pieces and crush. Add ¼ cup bottled lemon juice. For 6 cups crushed apricots, add 1/3 cup bottled lemon juice.	4 lbs	5 5 5 6	1	0 18-30 0 0	0 0 1-3 2-3	0 5 5-6 7-8	5 5 5-6 7-8
Blackberry Raspberry Boysenberry Dewberry	Sort, stem and wash, firm ripe berries. Crush thoroughly. Sieve all or part of pulp to remove seeds, if desired.	8 cups	4 5	1	0 24-36 0	0 0 1-3	0 4 5-6	4 5-6
Blueberry	Sort, stem and wash, firm ripe berries. Crush thoroughly. Add 2 Tbsp bottled lemon juice.	8 cups	4 4 5	1	0 18-30 0	0 0 1-3	0 4 5-6	4 4 5-6
Sour Cherry	Sort, stem, wash and pit cherries. Crush or chop finely.	3½ lbs	4 5	1	0 24-36 0	0 0 1-3	0 4 5-6	4 5-6
Fig	Sort, wash and remove stem ends from figs. Peel, if desired. Grind or crush thoroughly. Add ¼ cup bottled lemon juice and ¾ cup water to measured crushed figs.	3¼ lbs	4 4 5	1	0 24-36 0	0 0 1-3	0 5 5-7	5 5 5-7
Grape (Concord)	Sort, wash and remove stems from firm ripe grapes. Slip skins from grapes. Add 1 cup of water to pulp. Cover and simmer 5 minutes, stirring occasionally. Sieve pulp to remove seeds. All or part of finely chopped or ground skins may be added to pulp, if desired.	4¼ lbs	4 4 5	1	0 24 0	0 0 1-3	0 4 5-6	4 4 5-6
Peach	Wash, peel and pit, firm ripe peaches. Cut into small pieces and crush. Add ¼ cup bottled lemon juice. For 6 cups crushed peaches, add 1/3 cup bottled lemon juice.	4 lbs	5 5 5 6	1	0 18-30 0 0	0 0 1-3 2-3	0 5 5-6 7-8	5 5 5-6 7-8
Pear	Wash, peel and core ripe pears. Crush or chop finely. Add 2 Tbsp bottled lemon juice for 4 cups crushed pears, add ¼ cup bottled lemon juice for 5 cups crushed pears.	4-5 lbs	4 4 5 6	1	0 18-24 0 0	0 0 1-3 2-3	0 4 5-6 6-7	4 4 5-6 6-7
Plum	Sort, wash and pit, ripe tart plums. Do not peel. Cut into pieces and crush thoroughly. Add 1/2 cup water, cover and simmer 5 minutes, stirring occasionally.	4 lbs	4 5	1	24 0	0 1-3	0 5-6	4 5-6
Strawberry	Sort, stem and wash firm ripe strawberries. Crush thoroughly. Add ¼ cup water, if needed.	12 cups	5 5 5 6	1	0 18-24 0 0	0 0 1-3 2-3	0 5 5-6 6-7	5 5 5-6 6-7

FREEZER JAM

To Make	To Prepare Fruit For Jam	Amount of Fruit	Prepared Fruit		Non-Sugar Sweetener		Sugar (Cups)	YIELD (Cups)
			(Cups)	Mrs. Wages® Sugar Free Fruit Pectin Home Jell® Package	packets	(Cups)		
Blackberry Raspberry	Sort, stem and wash, firm ripe berries. Crush thoroughly.	6 cups 6 cups	3 3	1 1	18-20 0	0 1	3-4	3-4
Blueberry	Sort, stem and wash, firm ripe berries. Crush thoroughly. Add 1 Tbsp bottled lemon juice.	6 cups 6 cups	3 3	1 1	18-20 0	0 1	3-4	3-4
Peach	Wash, peel and pit, firm ripe peaches. Cut into small pieces and crush. Add 1 Tbsp bottled lemon juice. To prevent darkening, add 1 Tbsp Mrs. Wages® Fresh Fruit Preserver, if desired.	3 lbs 3 lbs	3 3	1 1	18-20 0	0 1	3-4	3-4
Strawberry	Sort, stem and wash, firm ripe strawberries. Crush thoroughly.	6 cups 6 cups	3 3	1 1	18-20 0	0 1	3-4	3-4