

BLUEBERRY-STRAWBERRY JAM

INGREDIENTS:

- 4 3/4 cups fresh blueberries
- 4 3/4 cups fresh strawberries
- 1 cup water
- 3 tablespoons lemon juice
- 1/2 teaspoon ground cinnamon
- 4 1/2 tablespoons powdered pectin

DIRECTIONS

- In an 8–10-quart pot, crush 1 cup of blueberries with a potato masher. Continue adding blueberries and strawberries, crushing until you have 6 cups crushed berries.
- Stir in water, lemon juice, and cinnamon. Gradually stir in the pectin. Bring to a full rolling boil, stirring constantly. Boil hard for 1 minute, stir constantly. Remove from heat. Quickly skim off foam with a metal spoon.
- Ladle hot jam into hot sterilized half pint jars, leaving a 1/4 inch headspace. Wipe jar rims, adjust lids and tighten bands.
- Process filled jars in a boiling water canner for 10 minutes. Start timing when water returns to boiling.
- Remove jars from canner and cool on wire racks.

Nutrition Facts

Serving Size Half Pint jars (287g)
Servings Per Container 6

Amount Per Serving

Calories 90 **Calories from Fat 5**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 90mg **4%**

Total Carbohydrate 21g **7%**

Dietary Fiber 3g **12%**

Sugars 6g

Protein 2g

Vitamin A 4% • Vitamin C 130%

Calcium 4% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

