

# Kids In The Kitchen

## Fun, Easy Way To Create Homemade Jam

(NAPSA)—If you find yourself in a jam, stuck for ideas to occupy kids after school, why not try making homemade freezer jam?

Freezer jam is a flavorful project for kids to make with no cooking!

Jams made with Ball® Fruit Jell® Freezer Jam Pectin are as easy as measuring and stirring. The variety of fruits that can be made into delicious jams is as endless as a child's imagination. Start with these delectable recipes:

### Spiced Apple-Pear Freezer Jam

*Yield: About 5 half-pints*

**4 cups chopped, peeled, cored apples (about 5 medium)**

**4 cups chopped, peeled, cored pears (about 5 medium)**

**¼ cup water**

**1 cup granulated sugar**

**½ cup brown sugar**

**¾ tsp. cinnamon**

**¼ tsp. cloves**

**¼ tsp. nutmeg**

**¼ tsp. allspice**

**1 pouch Ball® Fruit Jell® Freezer Jam Pectin**

Combine apples, pears and water in a saucepot. Cover and simmer 5 minutes. Lightly crush fruit. Measure 4 cups cooked fruit. Combine cooked fruit, sugars and spices in a medium bowl. Let stand 15 minutes. Gradually stir freezer jam pectin into fruit mixture. Stir 3 minutes; let stand 5 minutes. Ladle jam into Ball® can-or-freeze jars, leaving ½ inch headspace. Adjust two-piece caps. Freeze or serve.



Children can have a lot of fun in the kitchen as they help create homemade jam.

### Strawberry-Banana Freezer Jam

*Yield: About 5 half-pints*

**3 large bananas**

**3 cups crushed strawberries (about 1½ quarts)**

**1½ cups sugar**

**1 pouch Ball® Fruit Jell® Freezer Jam Pectin**

Preheat oven to 400°F. Cover a baking sheet with aluminum foil. Place bananas on baking sheet; do not peel. Bake for 15 minutes at 400°F. Cool. Peel and crush bananas. Measure 1 cup crushed bananas. Combine bananas, strawberries and sugar in a medium bowl. Let stand 15 minutes. Gradually stir freezer jam pectin into fruit mixture. Stir 3 minutes; let stand 5 minutes. Ladle jam into Ball® can-or-freeze jars, leaving ½ inch headspace. Adjust two-piece caps. Freeze or serve.

For more great recipes and tips, visit [www.homecanning.com](http://www.homecanning.com).