

Low Sugar Strawberry Jam and Topping

8 cups of mashed organic strawberries
1 1/2 cups organic cane sugar
1 package Pomona's Universal Pectin (contains pectin and calcium powder)

Before starting, make calcium water:

1. Put 1/2 t white calcium powder and 1/2 cup water in a small, clear jar with lid.
2. Store in refrigerator between uses. Lasts a number of months – discard if settled white powder discolors. Shake well before using.

Instructions for low sugar strawberry jam:

1. Wash and rinse jars; let stand in hot water. Bring lids and rings to boil; turn down heat and let stand in hot water.
2. Prepare strawberries. Remove hulls and stems and mash. (I save the tops and put them in a freezer bag for use in my morning smoothies). Measure 8 cups of mashed strawberries and put into a pan.
3. Add 4 teaspoons of calcium water into the pan and stir well.
4. In a separate bowl, thoroughly mix 1 1/2 cups of organic sugar with 4 teaspoons of pectin.
5. Bring fruit to boil. Add pectin-sugar mixture; stir vigorously 1 to 2 minutes while cooking to dissolve pectin. Return to boil and remove from heat.
6. Fill jars to 1/4 inch of top. Wipe rims clean. Screw on 2 piece lids and put filled jars in boiling water to cover. Boil 10 minutes (add 1 minute more for every 1,000 feet above sea level). Remove from water and let jars cool. As they cool, the seals-lids should be sucked down (you'll hear them pop). Lasts about 3 weeks once opened.

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