

Recipe For: Raspberry Jelly



Ingredients:

≈4 pints Frozen Raspberries
(2 $\frac{3}{4}$ cups juice)
3 tbsp. Ball Classic Pectin
3 c sugar
Ten (10) 4 oz. jars, lids, rims



Directions:

Defrost berries and extract the juice using cheesecloth. Measure the amount of juice you have (either add a little water or recalculate the amount of pectin you will need). Have water bath canner, jars and lids ready. Add juice to pot and gradually stir in pectin. Bring to a full rolling boil stirring constantly. Add sugar and stir until fully dissolved then stir at full rolling boil for one full minute. Ladle into hot jars leaving $\frac{1}{4}$ inch headspace. Remove air by running a small plastic spatula along the inside wall of the jar, wipe rim, put on lids and rims to finger tight and process at full boil for 10 min. Turn off heat and remove lid for 5 min. Remove jars and cool 24 hrs. before checking seal.

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Recipe For: Fruit Smoothie (Ice Pop)



Ingredients:

1 Banana (frozen or fresh)
1 $\frac{1}{2}$ c Fresh or Frozen Fruit(s)
(Strawberry, Raspberry,
Blackberry, Blueberry)
1 tbsp. Sugar (optional)



Directions:

Chop banana and other fruit into chunks. Add to Nutribullet. Fill to max line with water. Add sugar if desired. Blend until smooth. Serve immediately.

Pour into ice
pop molds &
freeze for a
cool summer
snack!



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