

Diet Raspberry Freezer Jam with Pectin

1 Quart cleaned raspberries
1 Package powdered pectin
3 to 4 tsp liquid artificial sweetener
1 Tbsp lemon juice

Crush raspberries in a saucepan then stir in artificial sweetener, powdered fruit pectin, and lemon juice. Bring to a boil and continue boiling for 1 minute. Remove from heat and continue to stir for 2 minutes. Pour into freezer containers, cover and freeze. Thaw before serving, store in refrigerator for up to 4 weeks. Yield about 2 2/3 cups.

** This is great jam on whole wheat toast or top your pancakes with this instead of syrup.

1 Tablespoon = 5 Calories