

Frozen Fruit Purchase Guide

You can substitute frozen fruit for fresh in any jam or jelly recipe using one of the Ball® fruit pectin products. Frozen fruit is a great (and convenient) alternative for making and enjoying the fresh taste of homemade jams and jellies anytime. Follow this guide to help you determine how many bags of fruit to buy for your recipe.

For best results:

- Only use unsweetened frozen fruit.
- Partially thaw in the refrigerator until just soft enough to crush (some ice crystals will remain).
- Crush partially thawed fruit with a potato masher, not a food processor. A food processor breaks down the fruit's natural pectin, preventing a good set.

Fruit	Purchase Amount	Preparation	Approx. Prepared Yield
Blackberries	3, 12-oz bags	crushed	4 cups
Blueberries	3, 12-oz bags	crushed	4 cups
Dark Sweet Cherries	3, 12-oz bags	finely chopped	4 cups
Mixed Berries	3, 12-oz bags	crushed	4 cups
Peaches, sliced	3, 16-oz bags	finely chopped	4 cups
Pineapple, chunks	3, 16-oz bags	crushed	4 cups
Raspberries	3, 12-oz bags	crushed	4 cups
Strawberries, whole	3, 12-oz bags	crushed	4 cups
Tropical Island Blend	3, 16-oz bags	crushed	4 cups