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Baby Bear's Strawberry Jam Sammies

"Beary" Good Berry Jam!



Prep Time:
5 min



Cook Time:
14 min



Makes:
1 ½ cups of jam

Ingredients:

- 1 bag (16 ounces) frozen whole strawberries or mixed berries
- $\frac{1}{3}$ to $\frac{1}{2}$ cup sugar (depending on the sweetness of the fruit)
- Juice of $\frac{1}{2}$ a lemon
- Whole grain sandwich bread

These sweet sandwiches are simple to make. The only thing you need for your homemade jam is fruit, sugar, and love.

Directions:

Step 1: Things You'll Need

Gather these ingredients to make Baby Bear's Strawberry Jam Sammies.

Step 2: Strawberry Goodness

Stir together the strawberries and sugar in a 2 quart microwavable measuring cup or casserole dish. Microwave uncovered on HIGH for 2 minutes.

Step 3: Stir and Cook

Stir and cut the large berries into small pieces. Add the lemon juice and stir. Return to the microwave and cook 5 minutes.



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Step 4: Stir Again

Stir and return mixture to the microwave and cook 5 more minutes. Watch the mixture and stir again once or twice, if needed, to prevent the jam from boiling over.

Step 5: Test It Out

To test the thickness of the jam, put a spoonful on a small saucer and place it in the freezer for a minute. This is about how thick your jam will be when cooled. If you want thicker jam, microwave 2 to 4 more minutes, stirring as necessary.

Step 6: Cool It

Allow the jam to cool. Pour it into storage containers. Jam will keep in the refrigerator for up to 2 weeks or in the freezer up to 4 months.

Little Hands Tip: Talk about why the jam will keep longer in the freezer.

Step 7: Make Fun Shapes

When jam is completely cooled, make the sammies. Put slices of bread on a cutting board. Cut shapes from the bread using assorted cookie cutters.

Little Hands Tip: Name the shapes as you cut them out.

Step 8: Spread It On

Spread the jam on the bread shapes.

Little Hands Tip: Count each shape as you add the jam.

Step 9: Your Little Bear Will Think It's Berry, Berry Good!

Enjoy this yummy snack anytime! Try making the jam from blueberries or raspberries, too.