

GUILT-FREE PATRIOTIC SUNDAES

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Project Supplies You Will Need

5 (8-ounce) Ball® Plastic Freezer Jars*

5 Ball Collection Elite™ Platinum Jars

Ice Cream Scoop

Flag Toothpicks

Red and Blue Plastic Spoons

Ingredients for Sundaes

1 (1.59-ounce) pouch Ball® Fruit Jell® Freezer Jam Pectin

1 1/2 cups SPLENDA® Brand Sweetener

4 cups Crushed Strawberries or Raspberries

No Sugar Added Vanilla Ice Cream

Fresh Blueberries

Whipped Topping

1 Medium Mixing Bowl

*The Ball® line of glass jars suitable for freezing includes Can-or-Freeze Jars and Quilted Crystal® Jelly Jars.

SPLENDA® Brand is a trademark of McNeil-PPC, Inc.

Step 1, Getting Started: Read all instructions for the Guilt-Free Patriotic Sundaes before starting. Assemble all supplies and ingredients.

Step 2, Preparing Freezer

Jam: Combine Freezer Jam Pectin and SPLENDA® Brand Sweetener in Bowl, stirring to evenly blend. Add Crushed Strawberries or Raspberries. Stir mixture for 3 minutes. Ladle Jam into Freezer Jars, leaving 1/2 -inch headspace. Apply lids. Let stand until thickened about 30 minutes. Serve immediately. Freezer Jam can be refrigerated up to 3 weeks or frozen for up to a year. The Freezer Jam fills about 5 (8-ounce) Jars.

Step 3, Serving Sundaes: Line up Platinum Jars. Place 2 scoops of Ice Cream into each Jar. Add 2 generous spoonfuls of Strawberry or Raspberry Freezer Jam. Top with Blueberries. Garnish with Whipped Topping.

Step 4, Finishing Touches: Place a Flag Toothpick in each Sundae. Serve each Jar with a Red or Blue Plastic Spoon.



Need Advice?
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