

Mint Jelly

Evelyn Day

Favorite Recipes - Sacred Heart School - Easthampton, MA (1984)

*1 cup fresh mint leaves,
crushed
3 1/2 cups water
1 package powdered pectin
4 cups sugar*

Cover about one cup of fresh, crushed mint leaves with about 3-1/2 cups of water. Bring to a boil.

Remove from the heat and let stand for 10 minutes.

Prepare the jelly according to pectin instructions:
Use one package of powdered pectin to three cups of strained mint liquid and four cups of sugar.

Per Serving (excluding unknown items): 3136 Calories; 0g Fat (0.0% calories from fat); 3g Protein; 806g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 60mg Sodium. Exchanges: 1 Vegetable; 53 1/2 Other Carbohydrates.