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Description

This easy Christmas jam combines juicy strawberries, tart cranberries, bright orange, and warming spices to create a beautiful ruby-red spread. Its sweet-tart flavor and smooth, slightly chunky texture make it perfect for the holiday season.

Spread it on warm toast, spoon it over pancakes, or serve it with a cheese board for a festive touch. This homemade fruit jam is simple to prepare and makes a thoughtful edible gift for friends and family.

3. Can This Christmas Jam Support Weight Loss Goals?

Christmas jam can fit into a balanced eating pattern when enjoyed in moderate portions. Strawberries and cranberries contribute some fiber and naturally occurring nutrients, but added sugar makes this a sweet spread rather than a high-protein or low-calorie food.

For a lighter serving, use a thin layer on whole-grain toast or stir a small spoonful into plain Greek yogurt. Reducing sugar may change the jam's texture and preservation properties, so use a tested recipe designed for reduced-sugar pectin if you want to make that adjustment.

4. Does Christmas Jam Fit a High-Protein Lifestyle?

Christmas jam is primarily a carbohydrate-rich fruit spread and contains very little protein on its own. Strawberries, cranberries, and orange provide fruity flavor, while sugar helps create the traditional sweet jam texture. The net carbohydrates are relatively high because of the fruit's natural sugars and the added sugar. To make it part of a high-protein breakfast, pair it with Greek yogurt, cottage cheese, or a protein-rich breakfast sandwich.

5. My Personal Experience

- The color makes it feel festive. Cranberries give the jam a deep ruby-red appearance that looks beautiful in clear glass jars.
- The flavor balances sweet and tart. Strawberries soften the sharpness of cranberries, while orange adds a bright citrus note.
- Warm spices add holiday character. Cinnamon and cloves create a cozy aroma without overpowering the fruit.
- It works with sweet and savory dishes. The jam tastes delicious on toast and biscuits and can also complement a holiday cheese board.
- It makes a thoughtful homemade gift. Small jars with decorative labels and ribbons are lovely for Christmas baskets, provided the jam is stored safely.

6. Perfect For

- Christmas breakfast and brunch
- Holiday cheese boards
- Homemade edible gifts

- Toast, biscuits, and scones
- Pancakes and waffles
- Yogurt and oatmeal toppings
- Holiday baking and thumbprint cookies
- Festive dessert sauces
- Family gatherings and winter celebrations

7. Why You'll Love This Recipe

- Beautiful ruby-red color Cranberries and strawberries create a naturally vibrant holiday spread.
- Sweet-tart fruit flavor The berries and orange provide a refreshing balance of sweetness and acidity.
- Simple ingredients You can prepare this jam with common fruit, sugar, citrus, spices, and fruit pectin.
- Versatile serving options Use it for breakfast, desserts, sandwiches, or savory holiday platters.
- Great for gifting Small, decorated jars make attractive homemade presents when labeled and stored appropriately.

8. Common Mistakes to Avoid

1. Using the wrong pectin instructions: Different pectin products require different ingredient ratios and cooking methods.
2. Reducing the sugar without adjusting the recipe: This can prevent the jam from setting

properly and can affect preservation.

3. Boiling for too long: Excessive cooking can dull the fruit flavor and make the finished jam overly thick.
4. Using unclean containers: Dirty jars or utensils can introduce contamination and shorten refrigerated storage life.

9. Required Equipment

- Large heavy-bottomed saucepan — Helps distribute heat evenly and reduces scorching.
- Measuring cups and kitchen scale — Keep the fruit and sugar quantities consistent.
- Sharp knife and cutting board — Make preparing the orange and strawberries easier.
- Potato masher — Breaks down the fruit while leaving some texture.
- Wooden spoon or heat-resistant spatula — Makes stirring easier during cooking.
- Ladle and clean glass jars — Help transfer and portion the finished jam.
- Candy thermometer (optional) — Helps monitor the cooking temperature when the specific recipe calls for it.

10. Storage Instructions

For this version, treat the jam as refrigerator or freezer jam, not shelf-stable canned jam.

- Refrigerator: Transfer cooled jam into clean, airtight glass jars and refrigerate promptly; use within about 2-3 weeks for best quality.
- Freezer: Freeze in suitable freezer-safe containers, leaving around ½ inch of headspace for expansion. Use within approximately 3 months for best flavor.

- Thawing: Thaw frozen jam in the refrigerator and stir before serving.
- Containers: Small glass jars or food-safe freezer containers work well; avoid filling containers to the brim.
- Food safety: Do not store this recipe at room temperature in sealed jars. For pantry storage or gifting without refrigeration, use a tested canning recipe with its specified ingredients, jar size, processing time, and altitude adjustments.

11. Recipe Details

- Preparation Time: 15 minutes
- Cooking Time: 20–30 minutes
- Cooling Time: 1–2 hours
- Total Time: Approximately 1 hour 45 minutes, including initial cooling
- Servings: Approximately 40 tablespoons
- Best Season: Autumn and winter, especially Christmas
- Calories per Serving: Approximately 45–55 calories per tablespoon, depending on the recipe and yield

Nutrition and timing are estimates; the final yield depends on how much the fruit mixture reduces during cooking.

12. Short Three-Line Description

This easy Christmas jam blends strawberries, cranberries, orange, and warming spices into a festive ruby-red spread.

It's sweet, tangy, fruity, and perfect for toast, biscuits, cheese boards, and holiday breakfasts.

Make a batch for your family or package it in small jars for a thoughtful homemade Christmas gift.

13. Ingredients

This ingredient list is for a refrigerator Christmas jam, not a validated shelf-stable canning recipe.

- 2 cups chopped strawberries — approximately 300 g, fresh or thawed frozen berries
- 2 cups cranberries — approximately 200 g
- 1 medium orange — peeled, seeded, and finely chopped
- 1 teaspoon finely grated orange zest
- 2 tablespoons lemon juice
- 2 cups granulated sugar — approximately 400 g; affects sweetness and texture
- 1 package fruit pectin — approximately 49 g, or the quantity specified for this fruit and sugar amount on the manufacturer's recipe
- ½ teaspoon ground cinnamon
- ⅛ teaspoon ground cloves
- ¼ teaspoon ground allspice
- ¼ cup water, if needed to prevent sticking at the beginning

Important: Pectin formulations differ, so confirm that your chosen pectin's instructions

support these fruit and sugar quantities. If they do not, follow a tested recipe for that exact product rather than improvising.

14. Directions

1. Prepare the fruit — 5–7 minutes. Wash and hull the strawberries, rinse the cranberries, and peel and seed the orange. Chop the fruit into small pieces.
2. Break down the berries — 2–3 minutes. Add the fruit to a large saucepan and gently mash with a potato masher. Leave some small fruit pieces if you prefer a chunky jam.
3. Add the citrus and spices — 1 minute. Stir in the orange zest, lemon juice, cinnamon, cloves, allspice, and water if needed.
4. Add pectin according to its instructions. Stir thoroughly to distribute it evenly and prevent clumps. Follow the package's specified heating sequence, since powdered and liquid pectins may require different methods.
5. Heat the fruit mixture. Cook over medium heat, stirring frequently, until the mixture reaches the boil required by your pectin instructions. Avoid leaving the pan unattended.
6. Add sugar at the specified stage. Stir until dissolved, then bring the mixture to the required full rolling boil if directed by the pectin recipe. Maintain the stated boiling time rather than guessing.
7. Check the texture — about 1–2 minutes after the required boil, if applicable. The jam should look glossy and thickened, with small pieces of fruit suspended in the red mixture. Remember that it will thicken further as it cools.
8. Remove from the heat. Skim off any foam if necessary. Taste only after cooling a small sample enough to avoid burns.
9. Transfer to clean jars. Use a clean ladle to fill the jars, leaving a little headspace. Let the jam cool briefly, then close the jars and refrigerate promptly.
10. Chill before serving. Refrigerate until cold and set, generally several hours. Serve on toast, biscuits, pancakes, or alongside a cheese board.

Heat level: Medium heat for the initial cooking, followed by the full rolling boil and timed cooking required by the selected pectin instructions.

High-protein serving tip: Spoon a tablespoon of jam over plain Greek yogurt or cottage cheese for a sweet-tart breakfast with more protein.

15. Nutrition Facts — Per Tablespoon, Approximate

These estimates assume a modest serving of a sugar-sweetened fruit jam. Actual values vary with the fruit quantities, sugar amount, and final yield.

Nutrient	Approximate amount
Calories	45-55 kcal
Fat	0.1 g
Cholesterol	0 mg
Sodium	1-5 mg
Potassium	15-30 mg
Total Carbohydrates	12-14 g
Fiber	0.3-0.6 g
Net Carbs	11.5-13.5 g
Sugars	11-13 g
Protein	0.1 g
Calcium	2-5 mg

These are illustrative estimates, not laboratory-tested values. A precise calculation requires the exact pectin product, ingredient weights, and finished yield.

16. Notes

- Storage: Refrigerate promptly and use within 2-3 weeks, or freeze for longer storage.
- Reheating: If the jam becomes too firm, warm a small portion gently in a saucepan over

low heat or microwave it in short intervals.

- Allergy notes: Check the pectin label for any relevant ingredients or manufacturing warnings.
- Flavor boosts: Add a little extra orange zest, a cinnamon stick during cooking, or a small amount of finely grated fresh ginger.
- Texture adjustment: Mash the fruit more thoroughly for a smoother spread or leave larger pieces for a chunky version.
- Sweetness: Cranberries are naturally tart, so taste the fruit mixture before cooking and follow the chosen pectin recipe for the required sugar amount.
- Food safety: A tight lid or apparent vacuum does not prove that a jar is safe for pantry storage; use a tested canning method for shelf-stable jam.

17. Frequently Asked Questions

1. What fruits are used in Christmas jam? Christmas jam commonly combines cranberries and strawberries with orange and warm spices.
2. Can I use frozen fruit? Yes, frozen strawberries and cranberries can work when thawed and measured according to the recipe instructions.
3. Why hasn't my Christmas jam thickened? It may need more chilling time, or the pectin may not have been used according to its product-specific instructions.
4. Can I reduce the sugar? Only use a pectin recipe specifically formulated for reduced sugar, because ordinary pectin recipes may not set correctly with less sugar.
5. How long does homemade Christmas jam last? This refrigerator version is best used within 2–3 weeks, while freezer storage can extend its quality for approximately 3 months.
6. Can Christmas jam be stored at room temperature? Only if prepared using a tested shelf-stable canning recipe and the exact prescribed processing method; this refrigerator version is

not suitable for pantry storage.

7. What can I serve with Christmas jam? It pairs well with toast, biscuits, scones, pancakes, Greek yogurt, and a festive cheese board.

8. Can I give homemade Christmas jam as a gift? Yes, provided you clearly label it as refrigerated jam and keep it cold during storage and transport.