

Easy Home Made Grape Juice

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Yield: 8 cups

2 cups grapes

1 cup sugar

water

Preparation Time: 15 minutes

Cook Time: 10 minutes

Wash and stem the grapes. Place two cups of grapes in scalded quart jars.

Add one cup of sugar. Fill with water. Place scalded rings and lids on the jar.

Place in a canner or large pan with a rack or rubber rings in the bottom of the pan.

Fill the pan with water to the neck of the jars. Heat on a stove for 10 minutes after the water boils.

Let set in the water until cool.

Store in a cool place for several months.

After the jars are sealed, they should be left on a shelf in a cool area for several months. When opened, drain the grapes. Add one quart of water and serve.

Best when served with popcorn as a snack or as juice for breakfast.

Per Serving (excluding unknown items): 895 Calories; 0g Fat (0.0% calories from fat); 1g Protein; 233g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 5mg Sodium. Exchanges: 1 1/2 Fruit; 13 1/2 Other Carbohydrates.