

# Pear Marmalade

*Canadian Mennonite Cookbook - 1974  
D. W. Friesen & Sons Ltd.*

*12 pears, cut up fine (not  
peeled)  
1 tin crushed pineapple  
6 oranges*

Squeeze the oranges for juice.

Place the oranges, pears and pineapple in a food processor. Pulse to chop.

Place the mixture into a saucepan. Add the sugar and orange juice (3/4 cup of sugar to each cup of juice). Cook until the mixture thickens.

Cool.

Pour the mixture evenly into canning jars. Seal the jars.

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Per Serving (excluding unknown items): 1695 Calories; 9g Fat (4.3% calories from fat); 16g Protein; 433g Carbohydrate; 68g Dietary Fiber; 0mg Cholesterol; 3mg Sodium. Exchanges: 28 Fruit.