

MAKING REDUCED-SUGAR FRUIT SPREADS



PEACH-PINEAPPLE SPREAD



- 4 cups drained peach pulp* (procedure as below)
- 2 cups drained unsweetened crushed pineapple
- ¼ cup bottled lemon juice
- 2 cups sugar** (optional)

****This recipe may be made with any combination of peaches, nectarines, apricots, and plums.***

**This recipe may be made without sugar or with up to 2 cups, according to taste or preference. Non-nutritive sweeteners may be added. If aspartame (a low-calorie nutritive sweetener) is used, the sweetening power of aspartame may be lost within 3 to 4 weeks.

Yield: 5 to 6 half-pints

Procedure: Thoroughly wash 4 to 6 pounds of firm, ripe peaches. Drain well. Peel and remove pits. Grind fruit flesh with a medium or coarse blade, or crush with a fork (do not use a blender). Place ground or crushed fruit in a 2-quart saucepan. Heat slowly to release juice, stirring constantly, until fruit is tender. Place cooked fruit in a jelly bag or strainer lined with four layers of cheesecloth. Allow juice to drip about 15 minutes. Save the juice for jelly or other uses. Measure 4 cups of drained fruit pulp for making spread. Combine the 4 cups of pulp, pineapple, and lemon juice in a 4-quart saucepan. Add up to 2 cups of sugar, if desired, and mix well. Heat and boil gently for 10 to 15 minutes, stirring enough to prevent sticking. Fill jars quickly, leaving ¼-inch headspace. Adjust lids and process: Utah County averages 4,900 feet – process according to chart below.

Recommended process time for Peach-Pineapple Spread in a BOILING-WATER canner

		Process Time at Altitudes of			
		0 – 1,000 ft	1,001 – 3,000 ft	3,001 – 6,000 ft	Above 6,000 ft
Hot	Half-pints	15 min	20 min	20 min	25 min
	Pints	20 min	25 min	30 min	35 min

Source: USDA Complete Guide to Home Canning and Preserving, 2nd revised Edition, 1999



REFRIGERATED GRAPE SPREAD (made with gelatin)

2 tbsp unflavored gelatin powder
1 bottle (24 oz) unsweetened grape juice
2 tbsp bottled lemon juice
3 tbsp liquid low-calorie sweetener

Yield: 3 half-pints

Procedure: In a saucepan, soften the gelatin in the grape and lemon juices. Bring to a full rolling boil to dissolve gelatin. Boil 1 minute and remove from heat. Stir in sweetener. Fill jars quickly, leaving ¼-inch headspace. Adjust lids. Do not process or freeze. **Caution: Store in refrigerator and use within 4 weeks.**

REFRIGERATED APPLE SPREAD (made with gelatin)

2 tbsp unflavored gelatin powder
1 qt bottle unsweetened apple juice
2 tbsp bottled lemon juice
2 tbsp liquid low-calorie sweetener
Food coloring, if desired

Yield: 4 half-pints

Procedure: In a saucepan, soften the gelatin in the apple and lemon juices. To dissolve gelatin, bring to a full rolling boil and boil 2 minutes. Remove from heat. Stir in sweetener and food coloring, if desired. Fill jars, leaving ¼-inch headspace. Adjust lids. Do not process or freeze. **Caution: Store in refrigerator and use within 4 weeks.**

Optional: For spiced apple jelly, add 2 sticks of cinnamon and 4 whole cloves to mixture before boiling. Remove both spices before adding the sweetener and food coloring.