

# Making Reduced-Sugar Fruit Spreads<sup>1</sup>

United States Department of Agriculture, Extension Service<sup>2</sup>

A variety of fruit spreads may be made that are tasteful, yet lower in sugars and calories than regular jams and jellies. The following are recipes for reduced-sugar fruit spreads. Gelatin may be used as a thickening agent, as indicated in two of the following recipes. Sweet fruits, apple juice, spices, and/or a liquid, low-calorie sweetener are used to provide the sweet flavor of the fruit spreads. When gelatin is used in the recipe, the jars of spread should not be processed. They should be refrigerated and used within 4 weeks.

Reduced-Sugar Fruit Spreads: Peach-Pineapple Spread <http://edis.ifas.ufl.edu/he321>.

Reduced-Sugar Fruit Spreads: Refrigerated Apple Spread <http://edis.ifas.ufl.edu/he322>.

Reduced-Sugar Fruit Spread: Refrigerated Grape Spread <http://edis.ifas.ufl.edu/he323>.

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