

Making Reduced-Sugar Fruit Spreads¹

United States Department of Agriculture, Extension Service²

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.

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 2. Reviewed for use in Florida by Mark L. Tamplin, associate professor, Food Safety, Department of Family, Youth and Community Sciences, Cooperative Extension Service, Institute of Food and Agricultural Sciences, University of Florida, Gainesville FL 32611.

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