

Reduced-Sugar Fruit Spreads: Peach-Pineapple Spread¹

United States Department of Agriculture, Extension Service²

Peach-Pineapple Spread

4 cups drained peach pulp (procedure as below)

2 cups drained unsweetened crushed pineapple

1/4 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 1/4-inch headspace.

Adjust lids and process as recommended in Table 1.

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Table 1.

Table 1. Recommended process time for Peach-Pineapple Spread in a boiling-water canner.					
		Process Time at Altitudes of			
Style of Pack	Jar Size	0 - 1,000 ft	1,001 - 3,000 ft	3,001 - 6,000 ft	Above 6,000 ft
Hot	Half-pints	15 min	20	20	25
	Pints	20	25	30	35
*After the process is complete, turn off the heat and remove the canner lid. Wait five minutes before removing jars.					