

Reduced-Sugar Fruit Spreads: Refrigerated Apple Spread¹

United States Department of Agriculture, Extension Service²

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 1/4-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.

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