

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.

1. This document is Fact Sheet FCS 8332, one of a series of the Department of Family, Youth and Community Sciences, Florida Cooperative Extension Service, Institute of Food and Agricultural Sciences, University of Florida. Publication date: May 2003. Revised: August 2005. Reviewed: May 2011. This document was extracted from the Complete Guide to Home Canning, Agriculture Information Bulletin No. 539, USDA. Please visit the EDIS website at <http://edis.ifas.ufl.edu>.

2. Reviewed for use in Florida by Amy Simonne, assistant professor, Food Safety and Quality, Department of Family, Youth and Community Sciences, Cooperative Extension Service, Institute of Food and Agricultural Sciences, University of Florida, Gainesville FL 32611.