

Reduced-Sugar Fruit Spread: Refrigerated Grape Spread¹

United States Department of Agriculture, Extension Service²

Refrigerated Grape Spread (Made with Gelatin)

2 tbsp unflavored gelatin powder

1 bottle (24 oz) unsweetened grape juice

2 tbsp bottled lemon juice

2 tbsp liquid low-calorie sweetener

Yield: 3 half-pints

Procedure: In a saucepan, soften the gelatin in the grape and lemon juices. Bring to a full rolling boil to dissolve gelatin. Boil 1 minute and remove from heat. Stir in sweetener. Fill jars quickly, leaving 1/4-inch headspace. Adjust lids. Do not process or freeze. **Caution: Store in refrigerator and use within 4 weeks.**

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