

Preserving Food: Jellied Products without Added Sugar

People who want to limit their sugar intake may still want to enjoy jam and jelly. Sugarless products can be made, but they will not be exactly like traditional jams and jellies containing sugar.

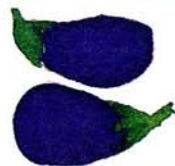
Jellied products without sugar or with reduced sugar can not be made by leaving the sugar out of regular jelly recipes. However, they can be made by the following methods:

1. **Special Modified Pectins**—These pectins are not the same as regular pectin. They will say “light” or “less-sugar” on the label. Follow the directions on the package. Some products are made with less sugar and some with artificial sweetener.
2. **Regular Pectin with Special Recipes**—These special recipes have been formulated so that no added sugar is needed. However, each package of regular pectin does contain some sugar. Artificial sweetener is often added.
3. **Recipes Using Gelatin**—Some recipes use unflavored gelatin as the thickener for the jelly or jam. Artificial sweetener is often added.
4. **Long-Boil Methods**—Boiling fruit pulp for extended periods of time will make a product thicken and resemble a jam, preserve or fruit butter. Artificial sweetener may be added.

Follow the directions on the modified pectin box or in a no-sugar recipe exactly. Alterations in the recipe could result in product failures. Because these products do not have sugar as their preservative, be sure to process or store them as directed. Some need longer processing in a boiling water bath, and some need refrigeration.

The following recipes use gelatin, regular fruit pectin or long-boiling to make jellies and jams. To make jelly or jam from the special modified pectins, follow the directions found in their packages.

Note: The sweetener used in the following recipes is liquid saccharin. One-eighth ($\frac{1}{8}$) teaspoon of liquid saccharin equals the sweetening power of one teaspoon of sugar. If you use other sweeteners, read the label to determine their sweetening power.



JELLIED PRODUCTS WITHOUT ADDED SUGAR

Apple Butter

(about 10 half-pint jars)

1 tablespoon = 10 calories

RECIPE

Cored and sliced ripe apples—enough to fill a 6-quart pot

½ cup water

½ teaspoon salt

5 drops cinnamon oil

Sweetener to equal 2 cups sugar

Heat apples and water, covered, over medium heat for 6 to 8 hours, stirring frequently. Press through a sieve. Reheat and add salt, cinnamon oil and sweetener. Cook to the desired thickness. Pour into hot sterilized jars, leaving ½-inch headspace. Seal, cool and store in the refrigerator.

Apple Jelly from Bottled Juice

(about 4 half-pint jars)

1 tablespoon = 8 calories

RECIPE

2 packages or 2 tablespoons unflavored gelatin

1 quart unsweetened apple juice

2 tablespoons lemon juice

2 tablespoons liquid sweetener

Food coloring, if desired

In a saucepan, soften gelatin in apple juice and lemon juice. Bring to a rolling boil, dissolving gelatin; boil 1 minute. Remove from heat. Stir in liquid sweetener and food coloring. Pour into hot sterilized jars, leaving ¼-inch headspace. Seal, cool and store in refrigerator.

Apple Jelly with Gelatin

(about 2 half-pint jars)

1 tablespoon = 9 calories

RECIPE

4 teaspoons unflavored gelatin

2 cups unsweetened apple juice

2 tablespoons liquid sweetener

1½ tablespoons lemon juice

Food coloring, if desired

Soften gelatin in ½ cup of apple juice. Bring remaining 1½ cups of juice to a boil; remove from heat. Add softened gelatin, stirring to dissolve. Add liquid sweetener, lemon juice and coloring. Bring to a full rolling boil. Pour into hot sterilized jars, leaving ¼-inch headspace. Seal, cool and store in the refrigerator.

RECIPE**Grape Jelly with Gelatin**
(about 3 half-pint jars)
1 tablespoon = 11 calories

- 2 packages or 2 tablespoons unflavored gelatin
- 1 bottle (24 ounces) unsweetened grape juice
- 2 tablespoons lemon juice
- 2 tablespoons liquid sweetener

In a saucepan, soften gelatin in grape juice and lemon juice. Bring to a rolling boil, dissolving gelatin; boil 1 minute. Remove from heat. Stir in liquid sweetener. Pour into hot sterilized jars, leaving $\frac{1}{2}$ -inch headspace. Seal, cool and store in the refrigerator.

RECIPE**Peach Jam with Pectin**
(about 3 half-pint jars)
1 tablespoon = 10 calories

- 4 cups peeled peaches
- 3 to 4 teaspoons liquid artificial sweetener
- 1 tablespoon ascorbic acid
- 1 $1\frac{3}{4}$ -ounce package powdered fruit pectin (regular)


Crush peaches in saucepan. Stir in sweetener, fruit, pectin, lemon juice and ascorbic acid. Bring to a boil; boil 1 minute. Remove from heat. Continue to stir 2 minutes. Pour into freezer containers, leaving $\frac{1}{2}$ -inch headspace; cover and freeze. Thaw for use, then keep refrigerated.

RECIPE**Strawberry Jam with Pectin**
(about 2 or 3 half-pint jars)
1 tablespoon = 5 calories

- 1 quart cleaned strawberries
- 3 to 4 teaspoons liquid artificial sweetener
- 1 package powdered fruit pectin (regular)
- 1 tablespoon lemon juice
- Red food coloring as desired

Crush strawberries in $1\frac{1}{2}$ -quart saucepan. Stir in artificial sweetener, food coloring, powdered fruit pectin and lemon juice. Bring to a boil, and boil 1 minute. Remove from heat. Continue to stir 2 minutes. Pour into freezer containers, leaving $\frac{1}{2}$ -inch headspace; cover and freeze. Thaw for use, then keep refrigerated.

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Edited by Elizabeth L. Andress, Ph.D., and Judy A. Harrison, Ph.D., Extension Foods Specialists

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