Jams and Jellies Without Sugar

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Jams and jellies without sugar can be made with gelatin or regular pectin. A new product called Slim Set® is a special pectin used specifically for making jams and jellies without sugar. It usually can be found near the regular pectin in grocery stores. The jams and jellies in this leaflet are made with regular pectin and unflavored gelatin.

Jams and jellies without sugar do not have the same taste or texture as regular jams and jellies. Since saccharin may leave a bitter taste, you may like these recipes without artificial sweetener. These jams and jellies can be enjoyed for the flavor of the fruit rather than for sweetness.

All non-caloric sweeteners contain saccharin which presently is being tested for safety. Eight drops or 1/8 teaspoon of the liquid artificial sweetener used in these recipes is equivalent to the sweetening power of one teaspoon of sugar. If other sweeteners are used, read the label to determine the amount to use. In jams and jellies made with a non-caloric sweetener, calories are derived from carbohydrate. One tablespoon of the above jams or jellies made with a non-caloric sweetener contain ten calories and equals 1/4 of a fruit exchange.

JAMS

Make only one recipe at a time. You can use most frozen or fresh fruit (except commercially frozen peaches) for this basic jam recipe:

- 2 cups of fruit
- 1 1/2 teaspoons unsweetened lemon juice
- 2 1/2 tablespoons powdered pectin
- 1 to 2 teaspoons liquid artificial sweetener (as you prefer)

Crush fruit in 1 1/2 quart container then heat slowly. Add lemon juice. Gradually dissolve powdered pectin in fruit mixture stirring constantly. Bring mixture to a rolling boil. Boil one minute. Remove from heat and continue stirring two minutes. Add liquid sweetener and stir to mix. (You may not wish to add any sweetener. Experiment to find the amount you prefer). Pour the hot jam into hot sterilized jars. Seal, cool, and freeze or refrigerate. See storage section.

JELLIES

These jellies should be made as needed. Use only amounts stated in recipes.

You can use most unsweetened juice to make these jellies. Unused juice can be frozen to be used later.
1 tablespoon (1 package) of unflavored gelatin
2 cups of fruit juice
1 tablespoon lemon juice
1 teaspoon to 2 tablespoon of artificial sweetener
(as you prefer)

Soften gelatin in 1/3 cup of juice. Allow to stand about three minutes. Add softened gelatin and lemon juice to remainder of fruit juice. Heat to a rolling boil. Boil one minute. Remove from heat and stir two minutes. Add amount of liquid sweetener that you prefer and stir.

SUGGESTIONS

Either fresh or frozen orange juice concentrate can be used to make jelly. To use frozen orange juice concentrate, reconstitute using only one-half the usual amount of liquid. Use two cups of the fresh or reconstituted orange juice. Pineapple, a mixture of orange and pineapple, and grape juice may be used also.

STORAGE

These jams and jellies must be refrigerated. Store jellies in refrigerator. Store jams in freezer or refrigerator. Jams stored in freezer should be in a moisture vapor-proof freezer container. Half-pint canning jars can be used, leaving proper headspace for expansion of fruit.

*These recipes were adapted from recipes prepared by Mrs. Marjorie M. Phillips, Extension Specialist and Mrs. Francis K. John, Extension Nutritionist at the University of Arkansas.