

Low Sugar Apple Cinnamon Jam

Yield: about 4 half-pints

- 2 apples
- 2 tablespoons bottled lemon juice
- 4 cups apple juice
- 3 tablespoons Ball Low or No-Sugar Pectin
- 1 teaspoon cinnamon
- 1/2 cup sugar
- 1/2 cup maple syrup

- 1 Peel, core and grate apples.
- 2 Combine apples and lemon juice in a large saucepan. Bring to a boil. Reduce heat and simmer until apples begin to soften, about 10 minutes.
- 3 Add apple juice, pectin and cinnamon and bring mixture to a rolling boil.
- 4 Add sugar and maple syrup stirring to dissolve. Return mixture to a full rolling boil that cannot be stirred down.
- 5 Boil hard 1 minute, stirring constantly. Remove from heat. Skim foam, if necessary.
- 6 Ladle hot jam into a hot jar, leaving 1/4-inch headspace. Remove air bubbles. Wipe rims with a dampened clean paper towel; adjust two-piece metal canning lids.
- 7 Process jars 10 minutes at 0-1,000 feet elevation, 15 minutes at 1,001-3,000 feet, 20 minutes at 3,001-6,000 feet, 25 minutes at 6,001-8,000 feet, and 30 minutes at 8,001-10,000 feet.

Source: freshpreserving.com, 2018