

Apple: Preserve It!

Low Sugar Apple Cinnamon Jam

Yield: about 4 half-pints

2 apples
3 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



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