

Low Sugar Apple Butter

Yield 1 to 2 pints or 3 to 4 half-pints.

5 pounds apples, peeled, cored and cut in eighths

1 cup apple cider or juice

2 tablespoons bottled lemon juice

1/2 teaspoon ground cinnamon

1/4 teaspoon ground cloves

1/4 teaspoon ground nutmeg

Granulated artificial sweetener; equivalent to 34 cup sugar, 18 packets Equalor 9 packets of Sweet 'n Low or Sweet One

Combine apples, cider and lemon juice in a 6- to 8-quart saucepan. Bring to a boil. Cook about 30 minutes or until apples are very soft, stirring occasionally. Puree apple mixture in food processor or blender or press through a sieve. Combine apple mixture and spices in a 6- to 8-quart saucepan. Simmer over low heat approximately 35 minutes or until very thick, stirring constantly. Measure pulp. For every 1 cup pulp you will need 6 packets of Equal or 3 packets of Sweet 'n Low or Sweet One. Return pulp to saucepan and bring to a boil. Add artificial sweetener. Immediately fill hot pint or half-pint jars with apple butter, leaving 12-inch headspace. Wipe jar tops and threads clean. Place hot lids on jars and screw bands on firmly. Process in boiling water canner for 15 minutes.