

Peach-Pineapple Spread

(about 5 to 6 half-pints)

4 cups drained peach pulp (procedure as below)

2 cups drained unsweetened crushed pineapple

1/4 cup bottled lemon juice

2 cups sugar (optional), or equivalent amount of sugar substitute

This recipe may be made with any combination of peaches, nectarines, apricots and plums. This recipe may be made without sugar or with up to 2 cups, according to taste or preference. Non-nutritive sweeteners may be added. If aspartame is used, the sweetening power of aspartame may be lost within 3 to 4 weeks. Procedure Thoroughly wash 4 to 6 pounds of firm, ripe peaches. Drain well. Peel and remove pits. Grind fruit flesh with a medium or coarse blade, or crush with a fork (do not use a blender). Place ground or crushed fruit in a 2-quart sauce pan. Heat slowly to release juice, stirring constantly, until fruit is tender. Place cooked fruit in a jelly bag or strainer lined with four layers of cheesecloth. Allow juice to drip about 15 minutes. Save the juice for jelly or other uses. Measure 4 cups of drained fruit pulp for making spread. Combine the 4 cups of sugar, if desired, and mix well. Heat and boil gently for 10 to 15 minutes, stirring enough to prevent sticking. Fill jars quickly, leaving 1/4-inch headspace. Adjust lids and process for water-bath processing for 15 minutes in half-pints or 20 minutes in pints.