

Low Sugar Pear-Apple Jam

(about 5 pints)

4 1/2 pounds pears

1-2 Granny Smith apples

1/3 cup bottled lemon juice

1 34 ounce packet Fruit Pectin (Lite)

1/2 teaspoon ground cinnamon

6 tablespoons liquid artificial sweetener or its equivalent

Peel and core pears. Chop pears in a food processor or blender. Add half of the lemon juice and process until smooth. Measure 4 cups of pulp. Repeat process for apples and measure 1 cup of pulp. In a 6-to 8-quart saucepan, combine pear and apple pulp, cinnamon and pectin. Let stand for 10 minutes. Stir mixture over high heat for 5 minutes. Immediately fill half-pint jars with mixture, leaving 1/4-inch headspace. Wipe jar tops and threads clean. Place hot lids on jars and adjust screw bands for processing. Process in boiling water canner for 10 minutes.

Low-Sugar Peach Butter
Yield 1 to 2 pints or 3 to 4 half-pints.