

Sugar Free Apricot Jam

Make delicious sugar-free apricot jam with natural sweeteners. This healthy homemade jam uses apple juice and molasses for natural sweetness without refined sugar.

30	60	90	4	Medium
PREP MIN	COOK MIN	TOTAL MIN	SERVINGS	DIFFICULTY

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Ingredients

- 4.5 lb apricot
- 2 cup apple juice
- 3 tbsp molasses
- 2 tsp lemon salt

Instructions

- 1 Prepare the apricots**

Wash 4.5 pounds fresh apricots under cold running water. Cut each apricot in half, remove the pit, then quarter each half so you have 8 pieces per apricot.
- 2 Reduce the apple juice**

Pour 2 cups apple juice into a heavy-bottomed saucepan over medium heat. Bring to a gentle boil, then reduce heat to medium-low and simmer for 15-20 minutes, stirring occasionally, until the juice reduces by half and turns a darker amber color.
- 3 Cook the jam**

Add the quartered apricots to the reduced apple juice and stir to combine. Bring the mixture to a gentle simmer over medium heat, stirring frequently to prevent sticking.
- 4 Reduce heat to low and cook for 35-45 minutes, stirring every 5-10 minutes, until the apricots break down completely and the mixture thickens enough to coat the back of a spoon without dripping off quickly.**
- 5 Stir in 3 tablespoons molasses until completely dissolved and evenly distributed throughout the jam, about 1 minute.**
- 6 Add 2 teaspoons lemon juice and stir for 1 minute to combine. Remove the saucepan from heat immediately.**
- 7 Test the jam consistency by dropping a small amount from a spoon onto a chilled plate - it should hold its shape and not spread rapidly. Let the jam cool completely to room temperature before transferring to sterilized jars for storage.**

Tips

Use a heavy-bottomed saucepan to prevent scorching during the long cooking process, and stir frequently with a wooden spoon.

Test jam consistency by placing a small plate in the freezer, then dropping a small amount of jam on the cold plate – it should wrinkle when pushed with your finger when ready.

Reduce the apple juice to about half its original volume before adding apricots to ensure proper concentration of natural sugars and pectin.

Add the lemon juice at the very end of cooking to preserve its bright acidity and prevent the jam from becoming too dark.

Sterilize your jars and lids in boiling water for 10 minutes before filling to ensure proper preservation if storing long-term.

Skim any foam that forms on the surface during cooking for a clearer, more professional-looking finished product.

Allow the jam to cool completely before tasting for sweetness – the flavors will be more balanced and true once cooled.