

HOMEMADE PRESERVES AND PICKLES (No Sugar Added)

Love to make homemade spreads and pickles? Try these no sugar added recipes for a tasty result that will help you keep those blood glucose levels in range.

Cooked no sugar added spreads can be made using Bernardin® No Sugar Needed Fruit Pectin. Recipes can be found inside the package.

Freezer no sugar added spreads can be made using Bernardin® No Sugar Needed Fruit Pectin or Garden Fare® Freezer Jam Gelling Powder.

Strawberry Rhubarb Freezer Jam

3 cups	finely-chopped rhubarb (about 1 ¼ lbs/625 g)	750 ml
2 tsp	grated orange rind	10 ml
¼ cup	fresh orange juice	50 ml
2 cups	crushed strawberries (about 3 cups/750 ml whole)	500 ml
1 ½ cups	SPLENDA® Granular	375 ml
1 pkg	Garden Fare® Freezer Jam gelling powder (45 g)	1



Combine rhubarb, orange rind and orange juice in saucepan. Bring to boil. Simmer, uncovered, about 5 minutes until tender. Chill.

In large bowl, combine rhubarb mixture and strawberries. Stir in SPLENDA®. Let stand 15 minutes. Slowly sprinkle Garden Fare® into fruit mixture, while stirring for 3 minutes. Let stand 5 minutes. Stir again for 1 minute. Pour into sterilized jars, leaving ½-inch (2 cm) head space. Seal. (To sterilize, place both lids and jars in boiling water for 15 minutes prior to filling.) Use jam immediately, or store in freezer for up to 1 year. Once opened, store in refrigerator and use within 6 weeks.

Makes about 4 cups (1 L).

Per tbsp (15 ml) = 1 Extra

Energy:	10 Cal
Protein:	0.2 g
Fat:	0.1 g
Carbohydrates	2.5 g

SUNSHINE MARMALADE

Reprinted from "Spread Some Sweetness".

Yield 5 – 250 ml jars

4	oranges	4
2	lemons	2
½ tsp	baking soda	2 ml
2 cups	orange juice	500 ml
1	pkg (49 g) Bernardin® No Sugar Needed Fruit Pectin	1
1 ½ cup	EQUAL Spoonful®	375 ml



With vegetable peeler, remove coloured peel from 2 oranges and 2 lemons cut peel into thin strips. Place in a deep saucepan with baking soda and 1 cup (250 ml) water. Bring to a boil being careful not to boil over; boil 5 minutes. Drain, discarding cooking liquid.

With a sharp knife, cut white pith and any remaining peel from all oranges and lemons. Working over a glass measuring cup, cut segments away from membrane and squeeze juice from membrane into the cup. Add orange juice to segments to measure 5 cups (1,250 ml). Place in a stainless steel saucepan with cooked peel.

Gradually stir Bernardin® No Sugar Needed Fruit Pectin into fruit. (Do not add pectin all at one time.) Stirring constantly, bring to a full, rolling boil. Boil hard 1 minute, stirring constantly. Remove from heat.

Dissolve EQUAL Spoonful® in ¼ cup (50 ml) orange juice: add to fruit; stir 2 minutes. Skim foam from top of marmalade using a metal spoon.

Ladle marmalade into hot sterilized jar to within ¼ inch (0.5 cm) of top of rim (head space). Using rubber spatula, remove air bubbles and readjust head space to ¼ inch (0.5 cm). Wipe jar rim removing any stickiness. Put lid on jar; place jar in canner. Repeat for remaining marmalade.

Cover canner; return water to a boil. Process (boil) 5 minutes. Remove jars. Cool undisturbed for 24 hours. Check jar seals. Remove screw bands.

Canadian Diabetes Association Food Choice Value

1 tbsp (15 ml) serving = 1 Extra

Energy 11 kcal; carbohydrate 2.8 g; protein 0.1 g; fat 0 g

Need more recipes? Call the company at the toll free phone number or look on the company web-site:

Splenda, "McNeill Consumer Products" 1-800-561-0070 or www.splenda.com

Equal

1-800-323-5316 or www.equal.com

BREAD AND BUTTER PICKLES

3 lbs	cucumbers	1.5 kg
¾ lb	onions	375 g
¼ cup	pickling salt	50 ml
3 cups	white vinegar	750 ml
3 cups	SPLENDA® Granular	750 ml
1 ½ tbsp	celery seed	20 ml
1 ½ tbsp	mustard seed	20 ml
½ tsp	turmeric	2 ml



Thoroughly wash cucumbers. Slice unpeeled cucumbers into 1/8-inch (0.5 cm) thick slices to measure 12 cups (3 L). Discard ends. Slice onions the same thickness to make 1 ½ cups (375 ml).

In large bowl, layer cucumbers and onions lightly sprinkling each layer with pickling salt. Cover and let stand at least 3 hours. Drain, rinse well in colander with cold water; drain thoroughly.

In large stainless steel or enamel saucepan, combine remaining ingredients. Bring to boil. Stir in well drained vegetables and return to full boil. Remove from heat.

Pack vegetables into hot sterilized 1 or 2-cup (250/500 ml) canning jars. Pour liquid over, covering vegetables and leaving ½ inch (2 cm) headspace. Apply 2-piece canning lids that have been in boiling water 5 minutes. Process in boiling water bath 10 minutes. Cool. Store in cool, dark location.

Makes 7 cups (1.75 L).

¼ cup = ½ Fruit and Vegetable Choice

Per ¼ cup (50 ml)

Energy:	24 Cal
Protein:	0.6 g
Fat:	0.3 g
Carbohydrates	5.6 g



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PICKLED BEETS



2 lbs	small beets	1 L
2 cups	white vinegar	500 ml
2/3 cup	water	150 ml
1 1/3 cups	SPLENDA® Granular	325 ml

Cook beets with tap root and 2 inches (5 cm) stem intact in boiling water for 20 to 30 minutes or until tender. Drain, rinse with cold water, and remove roots, stems and skin. Slice or quarter beets, if desired.

Pack beets into hot sterilized canning jars leaving 1 inch (2.5 cm) headspace. Combine vinegar and water in saucepan. Bring to boil. Stir in SPLENDA® until dissolved. Pour over beets, leaving 1/2 inch (1cm) headspace. Remove any air bubbles by running a knife around inside of jar. Apply 2-piece canning lids that have been in boiling water 5 minutes.

Process in boiling water bath 30 minutes. Cool. Store in cool, dark location.

Makes 6 cups (1.5 L). 1/2 cup = 1/2 Fruit and Vegetable Choice

Per 1/2 cup (125 ml)

Energy:	29 Cal
Protein:	0.7 g
Fat:	0 g
Carbohydrates	6.9 g