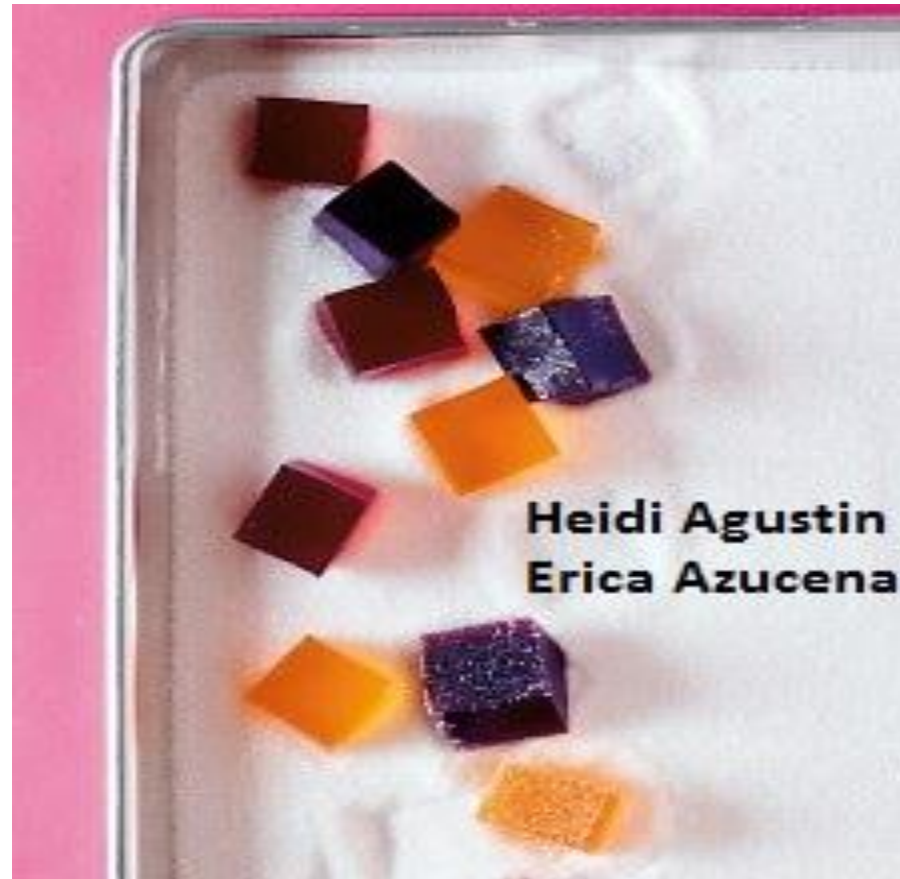


# Fruit Jelly



# Recipe/Control

- ◆ **Prep Time:** 20 minutes
- ◆ **Total Time:** 20 minutes plus chilling
- ◆ **Yield:** Makes about 60 pieces
  
- ◆ 1 1/3 cups fruit juice (any flavor) or water
- ◆ 4 packets powdered gelatin (1 ounce total)
- ◆ 2 1/2 cups sugar
- ◆ 2 cups fruit preserves or jam

# Our Recipe

- ◆ Sugar for apricot puree



- ◆ Apple juice



- ◆ Apricot preserves



# Purpose

- ◆ To reduce sugar content in Fruit Jelly Candies
- ◆ Increase nutrient content by substituting the sugar with puree apricot
- ◆ To see if the reduced sugar Fruit Jelly Candies sustain desirable qualities

# Experimental Design

- ◆ **-Glass Pan**

- ◆ -Hard to make samples

- ◆ **-Silicone molds**

- ◆ -Nice, consistent samples
- ◆ -Smaller size, faster setting



- ◆ **-Muffin molds**

- ◆ -More samples
- ◆ -Overnight



# Experimental Design

## ◆ Preparing for trial day

- ◆ Overnight prep – 30 minute transfer
- ◆ Syneresis
- ◆ Soaked sugar – wet and sticky
- ◆ Invalidate rational
- ◆ Original product – Fruit jelly candy



# Results

- ◆ **Wetability test:** the control gain 2g of water and the 50/50 and extreme recipes gained 1g
- ◆ **Percent sag:** the 50/50 recipe had 23% and the control and the extreme both had 7.6%
- ◆ **Final Evaluations:**
  - Firmness and Overall Acceptability: The control was preferred
  - Sweetness, Appearance and Flavor: Extreme was preferred

# Conclusions

- ◆ Maintained desirable qualities without a high sugar content
- ◆ Provides a more healthier snack to children
  - Reduce sugar intake
  - Increase fruit and nutrient intake
    - Vitamin A, Vitamin C, Calcium and Iron





# Implications for the Future

- ◆ More research is needed
- ◆ When making jelly candies, take into account
  - Type of ingredients
  - Type of containers used
  - Jelly setting time frame
  - Syneresis process

