



UC Master Food Preservers of El Dorado County

Preserve It! Canning Basics

Preserving with Honey

HOW TO (PARTIALLY) REPLACE SUGAR WHEN CANNING FRUIT

Whether you want to use less refined sugar, don't have quite the amount of sugar called for in a recipe, or just would like to add the flavor of honey in your preserved fruit products, it's very easy to substitute a portion of the sugar for honey. Do keep in mind, though, that strong honeys can impact the taste and color of the preserves, so it is recommended that mild honeys be chosen. Light corn syrup may also be used.

To substitute honey or corn syrup in **canned fruit and fruit sauces**:

- Replace one-half of the sugar with honey or light corn syrup.

To use honey or corn syrup when making **jams or jellies with commercial pectin**:

- Replace up to 2 cups of the sugar with honey in recipes that make 7 or more half-pints.
- Replace up to 1 cup of the sugar with honey in recipes that make 6 or less half-pints.
- Replace up to half of the sugar with light corn syrup.

To use honey in **non-pectin (long-boil) jam or jelly recipes**:

- Replace up to one-quarter of the sugar with honey or light corn syrup.

For further information on preserving with less sugar, see Utah State University's article here: <https://extension.usu.edu/preserve-the-harvest/dev/reduced-sugar-preservation-1>

Visit our website for more Preserve It! food safety and preserving informational posters, Preserving Fundamentals publications, recipes, class schedules, and more.

For further information on preserving, visit the National Center for Home Food Preservation (NCHFP) at <https://nchfp.uga.edu/> or contact your local Cooperative Extension office.