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Description

Capture the comforting taste of autumn with this aromatic, spiced canning apple pie filling. Bursting with tender, cinnamon-infused apple slices and a rich, glossy sauce, it brings homemade bakery flavor straight to your pantry. Enjoying a wholesome, low-carb friendly fruit treat has never been easier or more rewarding for your meal prep routine.

Can This Canning Apple Pie Filling Support Weight Loss Goals?

Yes, this canned apple pie filling can support weight loss goals when incorporated into mindful, calorie-controlled meal plans. Apples are naturally rich in dietary fiber, which promotes satiety and helps manage hunger cues between meals. By using sugar alternatives or low-glycemic sweeteners, you reduce overall sugar intake while keeping sweet cravings satisfyingly at bay.

Does Canning Apple Pie Filling Fit a High-Protein Lifestyle?

While fruit-based fillings are naturally carbohydrate-focused rather than protein-dense, this

recipe fits a high-protein lifestyle when paired smartly. Mixing a serving of this spiced filling into Greek yogurt, cottage cheese, or protein oatmeal creates a macro-balanced meal. Using natural thickeners and keeping net carbs managed ensures it complements your fitness goals without excess sugars. It serves as a versatile, flavor-packed topping that elevates your daily protein sources effortlessly.

My Personal Experience

- Pantry Stashing Made Easy

  Batch-processing jars in the fall ensures a ready-to-use pie filling is always waiting in my pantry for quick desserts.

- Perfect Texture Retention

  Using ClearJel prevents the apple slices from turning mushy during water-bath canning, keeping them firm and tender.

Perfect For:

- High-protein breakfast bowl toppings (oatmeal and yogurt)
- Low-carb snack upgrades when paired with cottage cheese
- Quick weekend baking projects and homemade protein desserts
- Long-term pantry storage and home-canning enthusiasts

Why You’ll Love This Recipe:

- Fresh Autumn Spices

  Blends warm cinnamon, nutmeg, and fresh lemon juice to create an authentic, bakery-quality flavor profile.

- Shelf-Stable Convenience

  Allows you to preserve seasonal orchard apples safely so you can enjoy homemade pie filling year-round.

Common Mistakes to Avoid:

1. Using Non-Approved Thickeners: Using regular cornstarch or flour in canning can break down or pose safety risks; always use ClearJel.

2. Skipping Acidification: Failing to add proper lemon juice or apple cider vinegar reduces acidity, affecting safe preservation.

3. Overcooking the Apples Before Canning: Cooking apples too long on the stove causes them to disintegrate inside the hot jars.

4. Failing to Debubble Jars: Leaving trapped air pockets in the jars prevents proper sealing during the water-bath process.

Required Equipment:

- Water Bath Canner with Rack — Processes and safely seals glass jars for long-term shelf storage.

- Mason Jars (Quart or Pint) with Lids — Provides airtight, reusable containers specifically rated for home canning.

- Jar Lifter Tongs — Safely removes hot jars from boiling water without slipping or burning.

Storage Instructions:

Store properly sealed canned jars in a cool, dark, dry pantry for up to 12 to 18 months. Once opened, store the filling in an airtight glass container in the refrigerator for up to 5 to 7 days while maintaining its fresh, high-protein compatibility when paired with dairy. Freezing is not

recommended for home-canned jars due to glass expansion risks, but opened filling can be frozen in a freezer-safe bag for up to 3 months.

Recipe Details

- Preparation Time: 30 minutes
- Cooking Time: 20 minutes
- Total Time: 50 minutes (plus processing time)
- Servings: 6 quarts (approx. 24 servings total)
- Best Season for This Recipe: Fall (All-season using stored jars)
- Total Calories (Per Serving): ~90 kcal (approximate estimate)

A delicious blend of fresh sliced apples, warm cinnamon, and a rich, spiced glaze ready for canning. Perfect for topping high-protein bowls or baking healthy desserts year-round. Preserves orchard-fresh flavors safely in your home pantry.

 Ingredients:

- 6 lbs (approx. 18 medium) tart, firm apples (like Granny Smith or Honeycrisp, peeled and sliced)
- 2 1/2 cups granulated sugar (or erythritol/monk fruit blend for lower carbs)
- 1 1/2 cups ClearJel (cook-type for canning)
- 2 tbsp ground cinnamon
- 1 tsp ground nutmeg

- 1/2 cup bottled lemon juice (required for safe acidity)
- 5 cups water or apple juice

Directions:

1. Prep & Acidify: Wash, peel, core, and slice apples into 1/2-inch thick wedges. Toss slices immediately in a large bowl with lemon juice to prevent browning.
2. Blanch Apples: Place apple slices in boiling water for 1 minute, then drain. *(High-Protein Tip: Serve this warm apple filling over high-protein vanilla Greek yogurt to instantly boost your morning protein intake).*
3. Make Syrup Base: In a large pot, combine water, sugar (or sweetener), ClearJel, cinnamon, and nutmeg. Whisk continuously over medium heat until the mixture thickens and begins to bubble.
4. Combine & Simmer: Stir drained apple slices into the hot spiced syrup and simmer on low heat for 3 minutes until apples are heated through.
5. Pack Jars: Ladle hot apple pie filling into sterilized quart mason jars, leaving a 1-inch headspace. Remove air bubbles with a spatula and wipe jar rims clean.
6. Process in Canner: Apply lids and process jars in a boiling water bath canner for 25 minutes, then cool undisturbed for 24 hours.

Nutrition Facts (Per Serving – Approximate):

- Calories: 90 kcal
- Fats: 0 g
- Cholesterol: 0 mg

- Sodium: 2 mg
- Potassium: 110 mg
- Total Carbohydrates: 23 g
- Fiber: 2 g
- Net Carbs: 21 g
- Sugars: 18 g
- Protein: 0 g
- Calcium: 10 mg

Notes:

- Storage & Reheating: Warm desired portions gently in a small saucepan over low heat before serving over proteins or desserts.
- Allergy Note: Naturally gluten-free, dairy-free, and vegan-friendly.
- Flavor Boost: Add a splash of pure vanilla extract or a pinch of sea salt to the simmering syrup for extra depth.