

Pepper Jelly

Ingredients

- 3/4 cup white vinegar
- 1 small bell pepper, cut into wedges (use green if using green jalapenos, red if using red)
- 1/2 cup chopped jalapeno peppers
- 1 1/2 cups [xylitol](#) blended with 1/2 tsp [stevia](#), divided
- 2 tsp [gelatin](#)
- 2 drops green or red food coloring, optional (if you want the traditional bright color)

Note: It is recommended to use only xylitol and stevia in this recipe. Erythritol will re-crystallize after melting, giving a sandy texture to your jelly. You can get rid of this by re-melting each time, but avoiding the erythritol in this recipe is the best choice.

Directions

- Place vinegar and peppers in a blender; cover and puree. Add 1 cup sweetener; blend well.
- Pour into a saucepan. Stir in the remaining sugar; bring to a boil.
- Strain the mixture and return to the pan. Whisk in gelatin and add food coloring if desired. Return to a boil over medium-high heat. Boil for 3 minutes, stirring constantly. (Food coloring is completely optional. When using green peppers the mixture will start off a very bright green but will get progressively darker and somewhat brown in color as you cook it. You will need to add the coloring if you want a bright green final product.)

- Remove from the heat; skim off any foam. Carefully ladle the hot mixture into a pint jar.
- Loosely cover the jar and allow the jelly to cool before refrigerating. This jelly will thicken more as it sits in the fridge.
- This recipe is usually served with cream cheese on crackers. So, while the jelly is FP, adding the cream cheese will make it an S snack. I highly recommend the crunkers recipe on page 452 in the [THM Cookbook](#)! You could also serve this with cream cheese and celery.

Note: When cutting hot peppers; the oils can burn skin. Disposable gloves are recommended. Avoid touching your face. I did not follow this advice. 20 minutes after making the jelly I touched my eye. It was not pleasant...