



Makes 3 cups
Preparation Time: 15 minutes
Cook Time: 30 minutes

INGREDIENTS:

1½ lb. ripe apricots
1 3-inch sprig fresh rosemary
½ cup pure maple syrup

Rosemary-Apricot Preserves

When fresh apricots are in season, freeze them so you can make these herby preserves year-round. Infused with fresh rosemary and the caramel-like notes of maple syrup, this tangy-sweet spread tastes great on baked [sweet potatoes](#), corn bread, English muffins, whole wheat toast, whole grain crackers, or pumpkin pancakes. Homemade preserves also make for a great housewarming or [holiday gift](#), so make a big batch to have on hand when you want to give a little treat to a loved one!

For more homemade vegan spreads, check out these tasty ideas:

- [Mixed Berry Jam with Chia Seeds](#)
- [Sweet Potato Butter](#)
- [Homemade Vegan Pesto](#)
- [Tomato Tamarind Chutney](#)

By Nancy Macklin, RDN

- 1 Stem, pit, and coarsely chop apricots. Measure 5 cups. In a large saucepan combine apricots, 1 cup water, and rosemary. Bring mixture to simmering. Cook, uncovered, about 15 minutes or until apricots are soft, stirring occasionally. Add maple syrup. Bring to boiling; reduce heat and cook, uncovered, 15 minutes or until mixture is thickened, stirring occasionally. Remove and discard rosemary.
- 2 Ladle hot preserves into clean half-pint jars or airtight containers (leave ½-inch headspace if freezing). If desired, add an additional small sprig of rosemary. Seal. Store in the refrigerator up to 3 weeks or freeze up to 6 months.