

Meet Nature's Richest Fruit

Sunsweet Ingredients

Made with prune plums, Sunsweet® Ingredients can improve flavor while also minimizing sugar, salt, fat, and artificial ingredients. We make a range of ingredients, from powder and puree to concentrates and bits. Let us be your R&D partner in developing better tasting, better-for-you foods.

[Learn More](#)

This site is designed for R&D professionals. For Sunsweet's consumer site, please visit [Sunsweet.com](#)

Ingredients

Create food that you can't wait to eat. Sunsweet Ingredients products range from prune juice concentrate to whole pitted prunes.



Fresh Plum Concentrate

Made from mature fresh prune plums, Fresh Plum Concentrate can be used in everything from meat and poultry marinades to sauces...



Prune Juice Concentrate

Prune Juice Concentrate is a sweet and mildly tangy syrup the color of molasses...



Dried Plums (Diced and Whole/Pitted)

Available either pitted or pitted and diced, Dried Plums (also called prunes) are made with Sunsweet's proprietary pitting technology...



Dried Plum Puree

Made by combining prune extract concentrated to at least 68° Brix with a paste made from prunes, Prune Puree is high in sorbitol...



Dried Plum Powder

Ground from whole prunes, this deep, reddish-brown plum powder is very hygroscopic and slightly tacky to the touch.



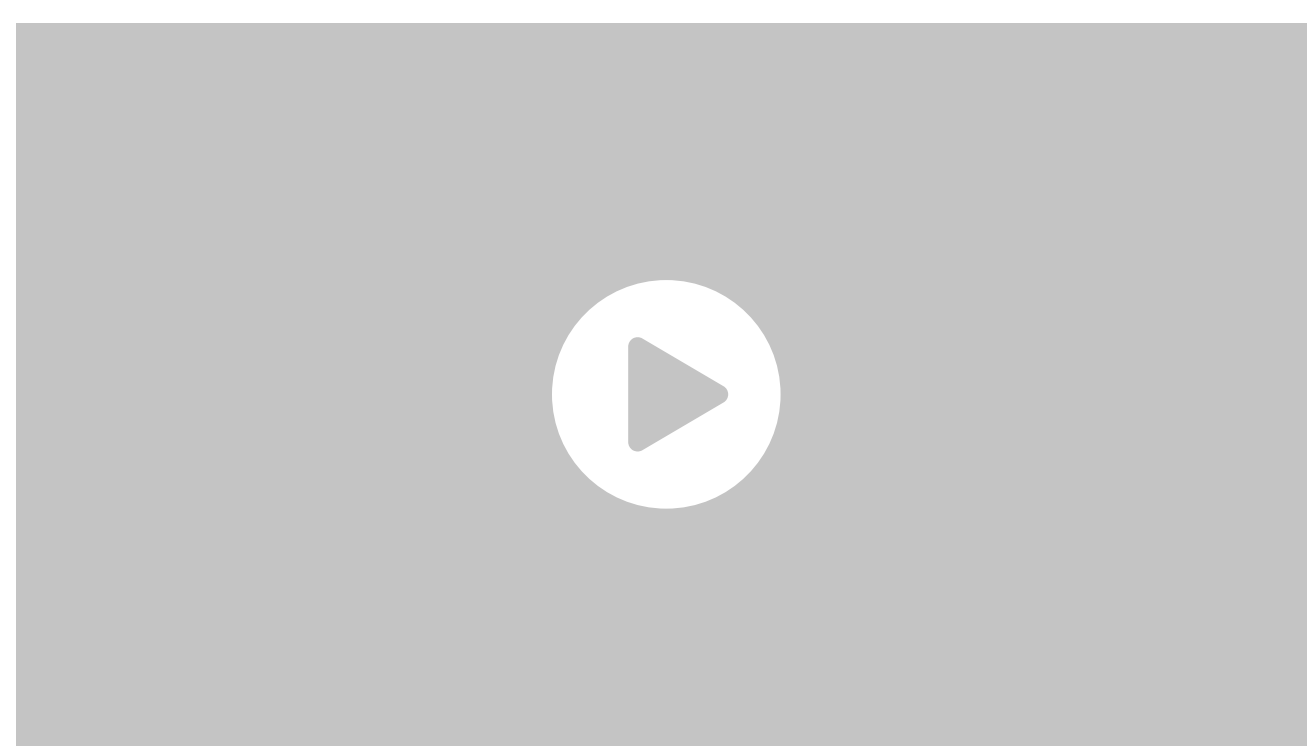
Prune Paste

Made through a proprietary process, which involves separating softened fruit flesh and skins from pits...



Prune Bits

Prune Bits are made from dicing a paste made solely from prunes. The bits are free-flowing, low in water content, and easy to use and store...

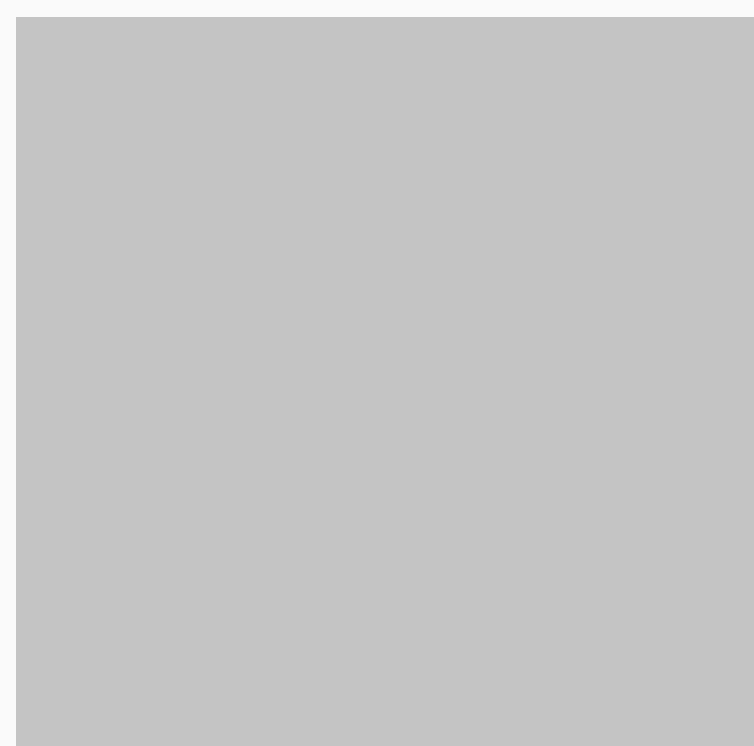


Get to Know Sunsweet Ingredients

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Recipes, tips, and R&D ideas to inspire product creation with prune ingredients from Sunsweet

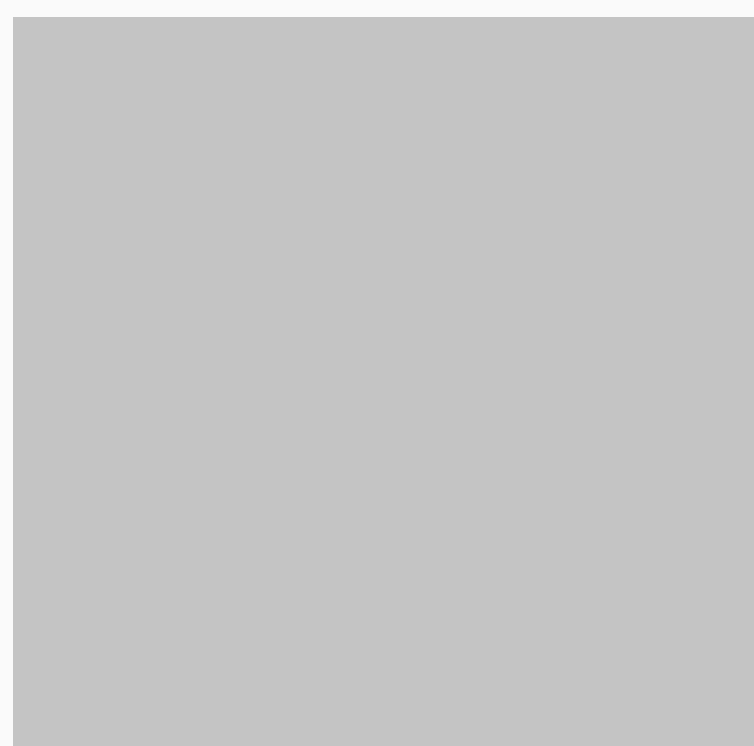


Crispy Sesame Meatballs with Yogurt and Pepper Dip

⌚ TIME: 30 MIN

✳️ PRUNES, PLUMS

☰ GLUTTEN-FREE, MEAT/POULTRY / FISH

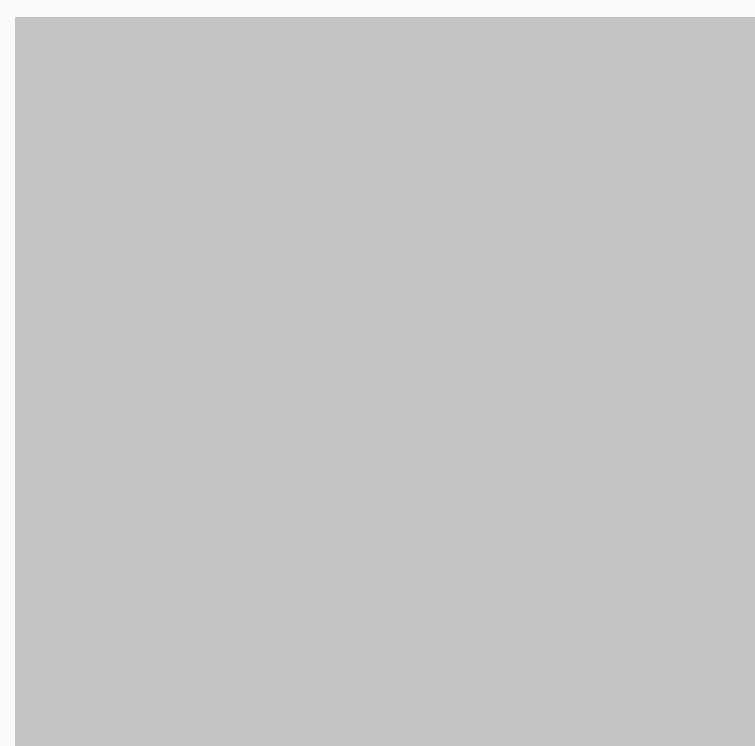


Feta, Lentil and Wheat Berry Salad with Orange-Prune Dressing

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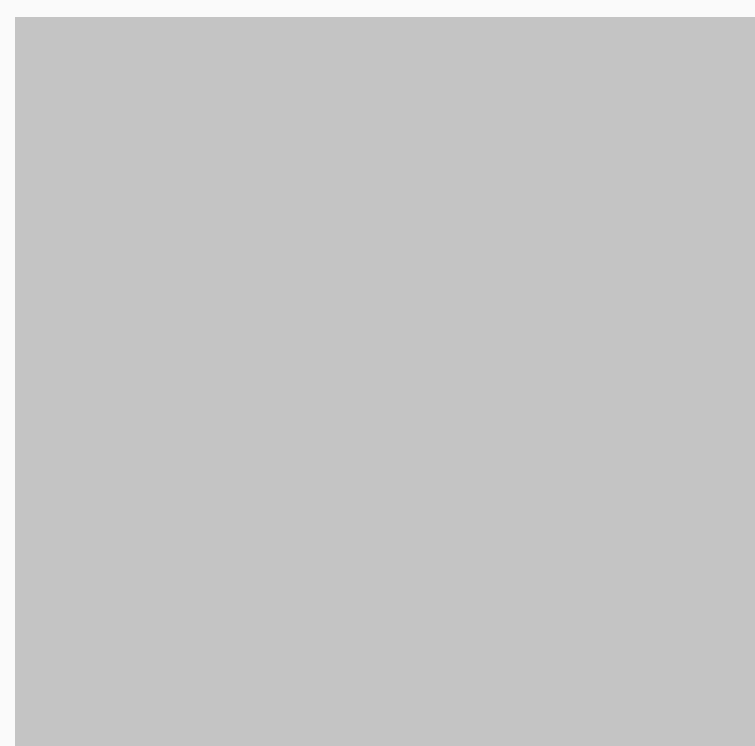


Oatmeal Muffins with Prunes and Blueberries

⌚ TIME: 30 MIN

✳️ PRUNES, PLUMS

☰ BAKERY / BARS, VEGETABLES / SIDES



Spiced Prune and Date bread

⌚ TIME: 30 MIN

✳️ PRUNES, PLUMS

☰ GLUTTEN-FREE, BAKERY / BARS

[All Recipes](#)

Applications

Sunsweet Ingredients can be applied to a range of foods, from sausages and marinades to cookies, granola bars, and sauces.



Bakery / Bars

Our ingredients are more than inclusions

They perform behind-the-scenes roles as flavor enhancers and texture improvers in a range of baked goods.

[LEARN MORE](#)



Meat / Poultry

We are committed to clean labels

With subtle caramel flavor and rounded acidity, Fresh Plum Concentrate, Dried Plum Puree, and Dried Plum Powder enhance taste, reduce warmed over flavor...

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Sauces

Creating a new sauce is more an art than a science

It's all about striking the right balance. No matter what, all of Sunsweet Ingredients enhance flavor with less sugar and salt...

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Culinary

Create dishes that you can't wait to eat

It's no secret that prune plums pair well with savory braises, spices, and chocolate...

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Meet Nature's Richest Fruit

Creative Title

Packed with sorbitol, fiber, antioxidants, and desirable acids, our ingredients can: Boost moisture, Enhance browning, Lower salt and sugar, Lower fat, Provide digestive health benefits, Draw out spices, and other seasonings

[Sample Request](#)

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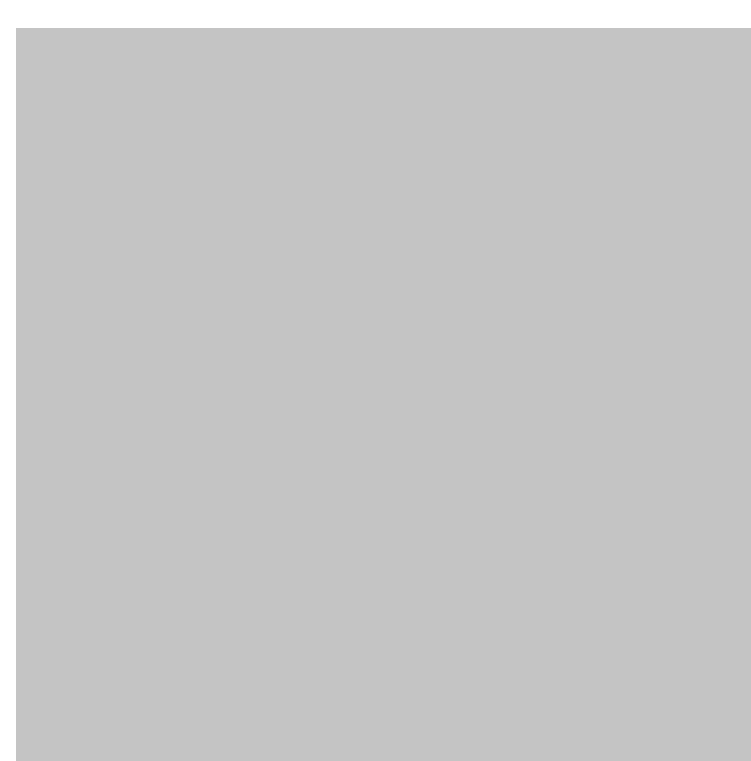
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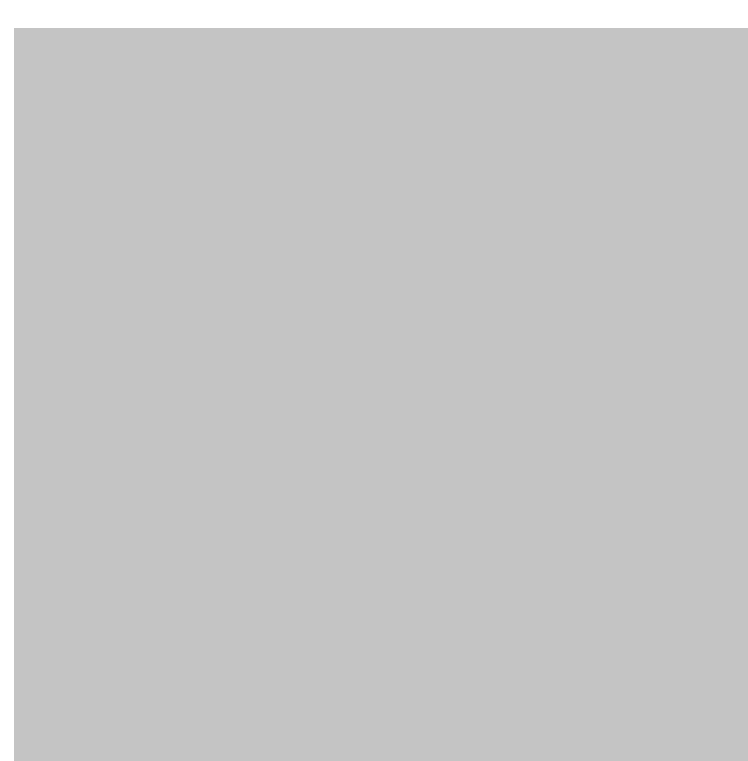
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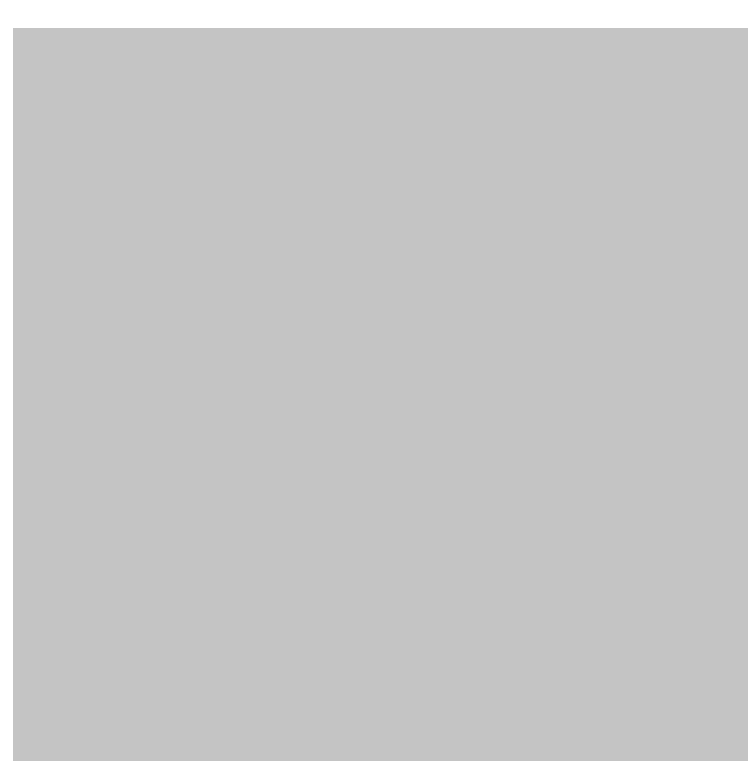
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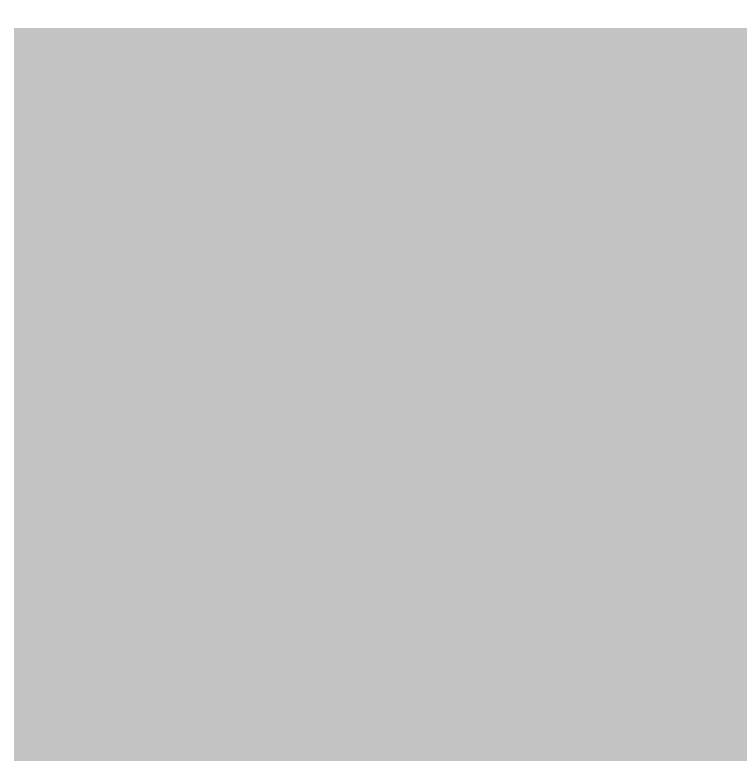
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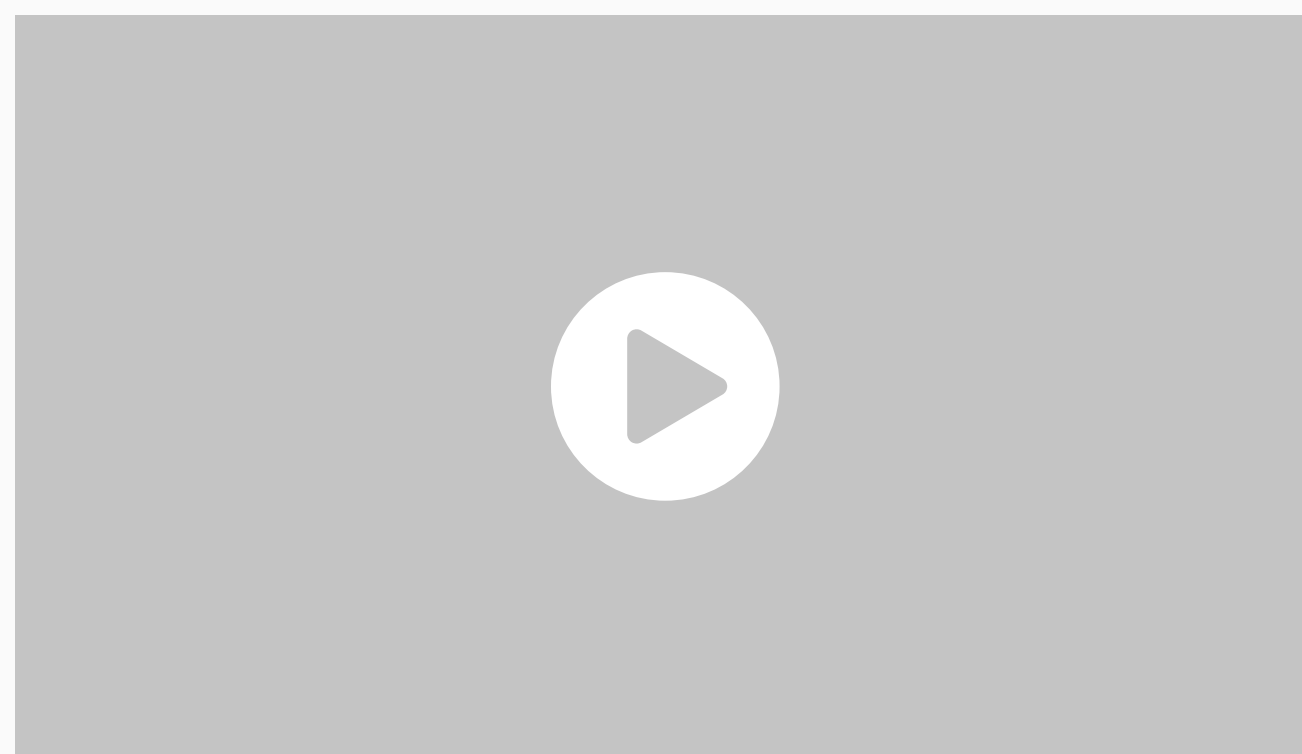
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Recipes, tips, and R&D ideas to inspire product creation with prune ingredients from Sunsweet

<p>Crispy Sesame Meatballs with Yogurt and Pepper Dip</p> <p>⌚ TIME: 30 MIN * PRUNES, PLUMS</p> <p>☰ GLUTTEN-FREE, MEAT / POULTRY / FISH</p>	<p>Feta, Lentil and Wheat Berry Salad with Orange-Prune Dressing</p> <p>⌚ TIME: 30 MIN * PRUNES, PLUMS</p> <p>☰ GLUTTEN-FREE, VEGETABLES / SIDES</p>	<p>Oatmeal Muffins with Prunes and Blueberries</p> <p>⌚ TIME: 30 MIN * PRUNES, PLUMS</p> <p>☰ BAKERY / BARS, VEGETABLES / SIDES</p>	<p>Spiced Prune and Date bread</p> <p>⌚ TIME: 30 MIN * PRUNES, PLUMS</p> <p>☰ GLUTTEN-FREE, BAKERY / BARS</p>
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Consumer Trend: Too Much Sugar

CATEGORY NAME



Some consumer trends born out of the pandemic seem to be around to stay. That's especially true when it comes to holistic health. According to a trend summary from Innova Market Insights, interest in immunity-boosting ingredients continues. And concerns over consuming too much sugar are sticking around.

Sugar Concerns

In December of 2016, 51% of consumers said they believed a healthy diet to be low in sugar, according to Mintel. After the turmoil of 2020, that hasn't changed. A 2021 FONA International Consumer Study reported that 50% of consumers want to reduce their sugar consumption. Weight loss is the most common reason for wanting to cut back.

Plus, **74% of consumers stated that the no-sugar added claim on a label is important.**

Here are a few more top actions consumers are taking to reduce sugar, according to the study:

- 58% drinking less soda
- 54% eating less candy
- 51% eating fewer baked goods

Alternative Sweeteners

What's different today compared to 2016 is that sugar alternatives are getting better. Mintel reports that next-gen Stevia and functional fiber are gaining ground among brands that want to cut more sugar out of their formulations. Plus, products with inulin have tripled in the past five years, according to the report.

Bottom line: Just as it is with plant-based formulations, ingredients that have always been around are getting a closer look. But it's not always one ingredient that can do it all.

Prunes are naturally sweet thanks to their sorbitol content, which also helps products retain moisture. For more about Sunsweet Prune Ingredients, [click here](#).

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Our ingredients are more than inclusions

Bakery / Bars

They perform behind-the-scenes roles as flavor enhancers and texture improvers in a range of baked goods. Prune Juice Concentrate, Dried Plum Puree, or Fresh Plum Concentrate can help smooth out the flavor of whole-grain flours while amplifying sweetness.

[Sample Request](#)

In gluten-free formulas, Dried Plum Powder boosts color while Dried Plum Puree adds moisture. Our ingredients are also high in antioxidant phenolic compounds, which make them excellent flavor stabilizers.

Use these ingredients to:

- Enhance flavor
- Increase shelf life
- Decrease fat
- Enhance browning
- Lower bake time
- Add moisture

Image

More Information

Getting Started: Using Sunsweet Ingredients in Baking

There are a lot of reasons to get started baking with Sunsweet Ingredients. Rich in fiber, vitamins, and antioxidants, prunes have long been...

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Sunsweet® Ingredients help create baked goods that deliver great flavor while also being healthier...

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Sunsweet Bars Manual

Sunsweet® Ingredients are functional ingredients made out of real food. Derived from prune plums and packed with sorbitol, fiber, and antioxidants...

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With the rise in gluten-free and grainfree diets, interest in dried fruit pastes is growing. These ingredients can add bulk...

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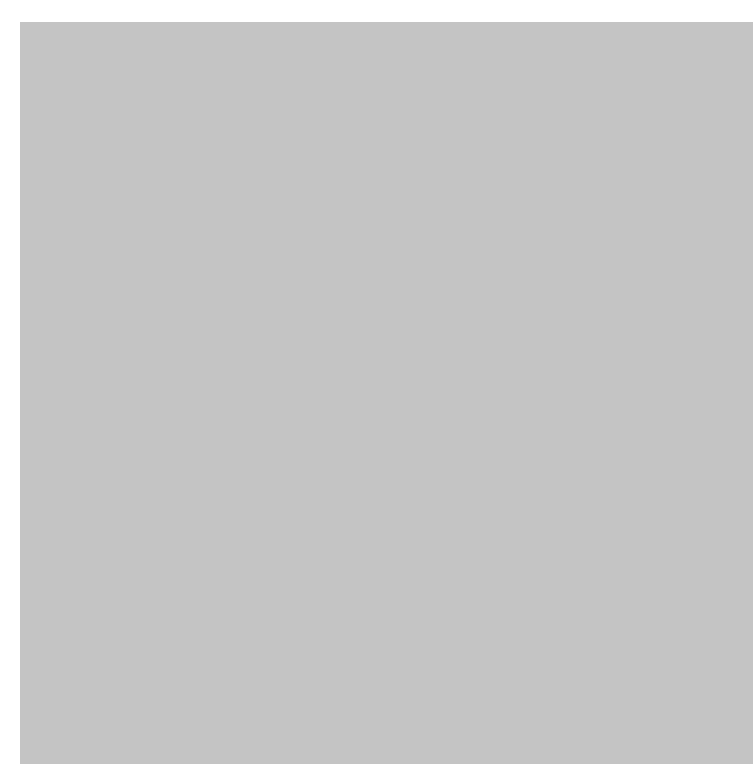
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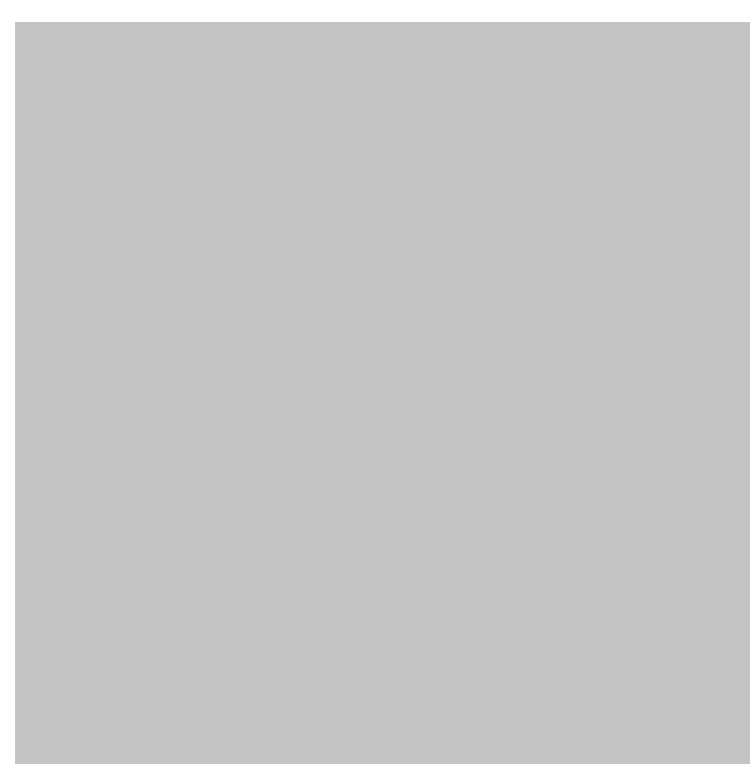


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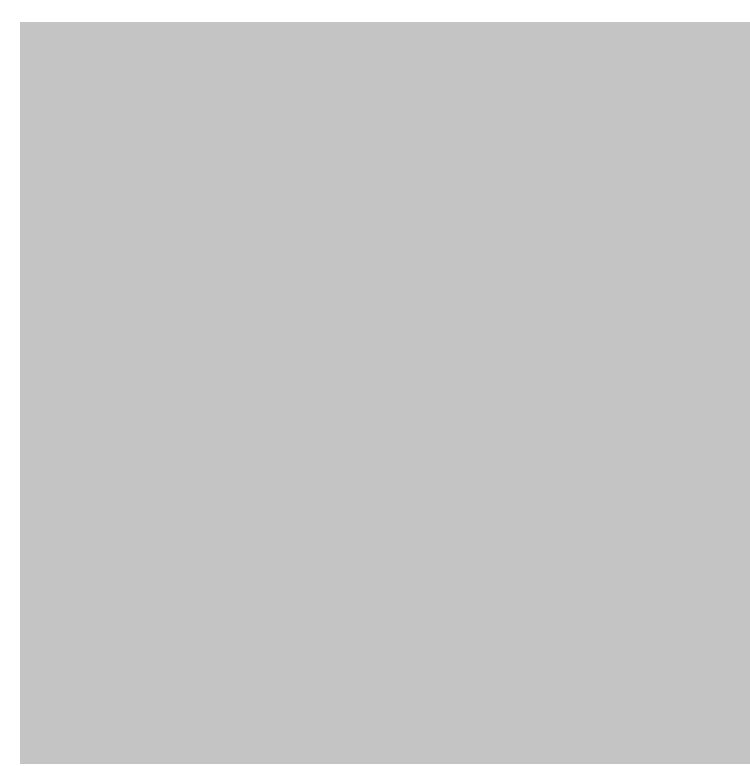


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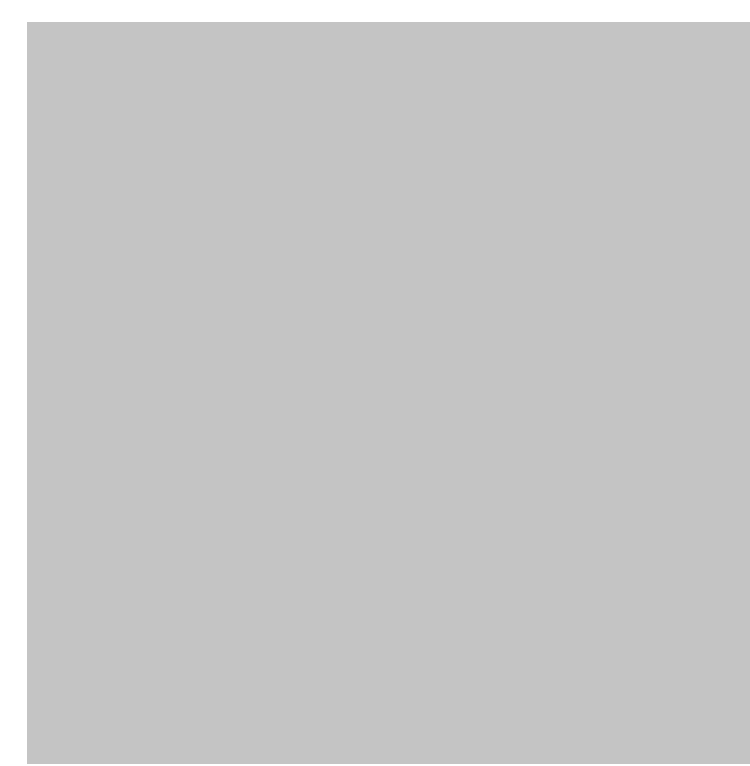


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- Prune Juice Concentrate
- Dried Plums (Diced and Whole/Pitted)
- Dried Plum
- Puree Dried
- Plum Powder
- Prune Paste
- Prune Bits

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- Gluten-Free
- Dairy-Free
- Bakery / Bars
- Meat / Poultry / Fish
- Sauces / Rubs
- Vegetables / Sides

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- Meat / Poultry
- Sauces
- Culinary

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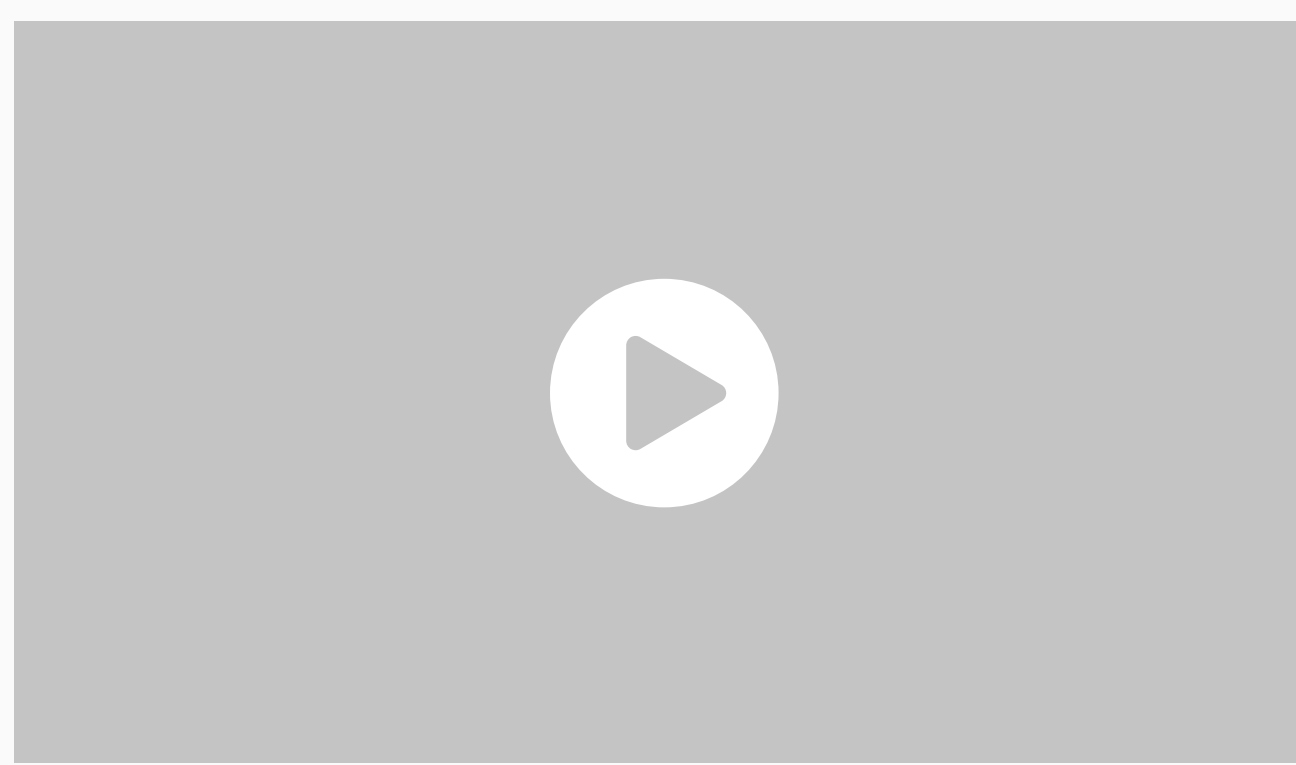
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FAQs

- What are Sunsweet® Ingredients made with?** -

Sunsweet Ingredients are made with a variety of prune plums that originated in Agen, France, that was brought to California and grafted onto local rootstock. These prunes are much higher in sorbitol, desirable acids, fiber, and antioxidants than common table plums. Fresh or dried, Sunsweet's prune plums are among the world's healthiest foods. At the same time, their rich flavor, deep color, smooth texture, and bright acidity inspire a range of culinary applications.

What distinguishes Sunsweet's plums from other prune plums is the special care and proprietary processes used to ensure they have exceptional flavor, nutritional components, and antioxidant phenolic compounds (up to 150 mg per 100gm).
- What are Sunsweet® Ingredients made with?** +
- Are Sunsweet® prunes GMO-free?** +
- Are Sunsweet® Ingredients available for consumers?** +
- How is it possible to use Sunsweet® Ingredients to reduce sugars when dried plums also contain sugar?** +
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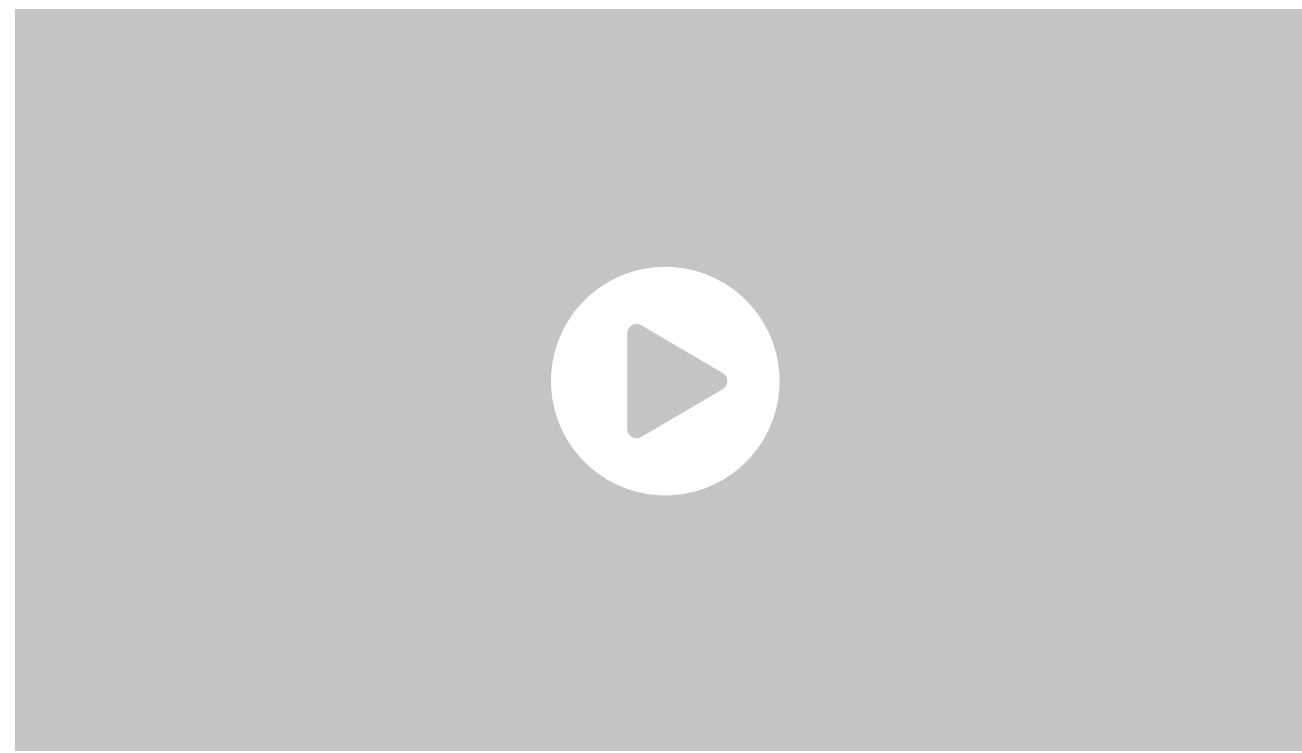
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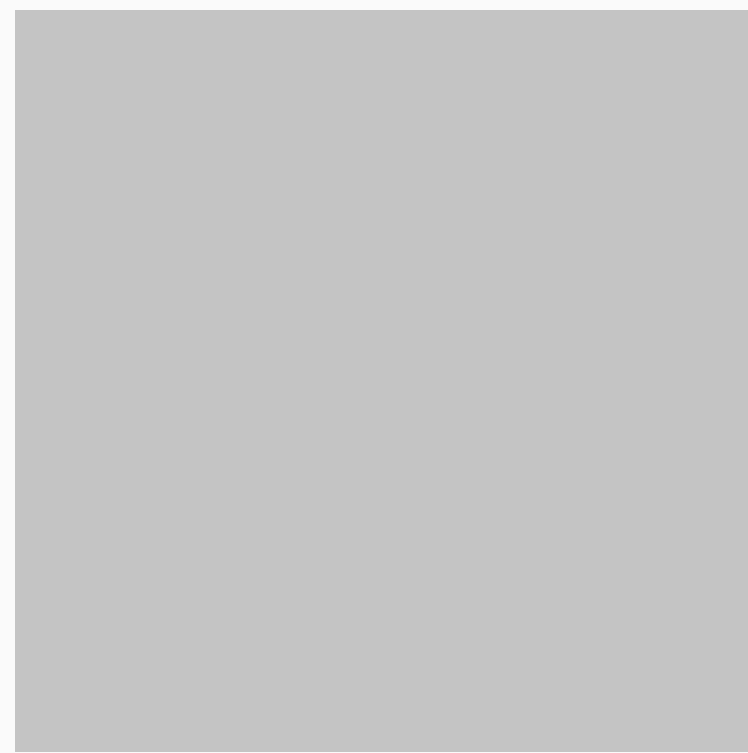


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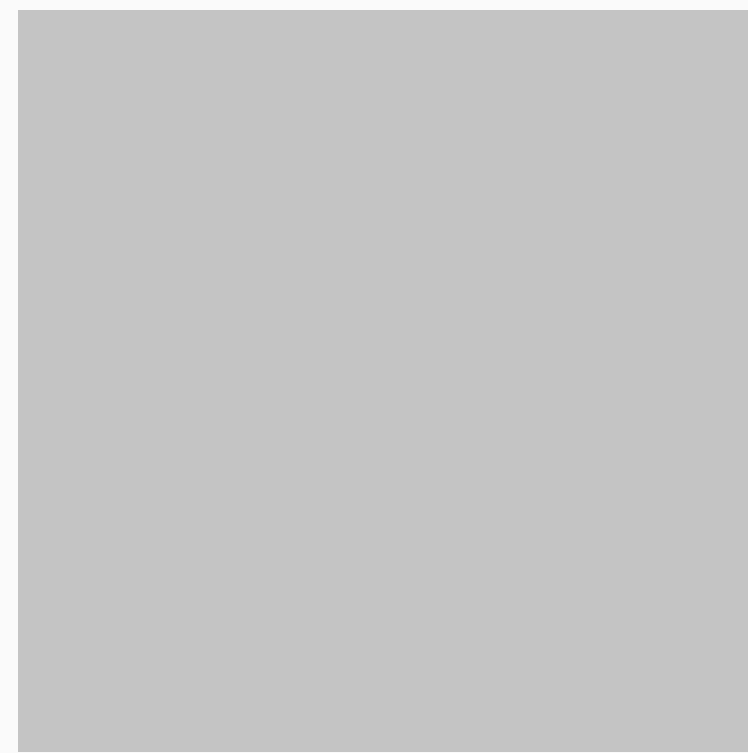
Featured Recipes

Recipes, tips, and R&D ideas to inspire product creation with prune ingredients from Sunsweet



Crispy Sesame Meatballs with Yogurt and Pepper Dip

⌚ TIME: 30 MIN * PRUNES, PLUMS
 ☰ GLUTTEN-FREE, MEAT / POULTRY / FISH



Feta, Lentil and Wheat Berry Salad with Orange-Prune Dressing

⌚ TIME: 30 MIN * PRUNES, PLUMS
 ☰ GLUTTEN-FREE, VEGETABLES / SIDES



Oatmeal Muffins with Prunes and Blueberries

⌚ TIME: 30 MIN * PRUNES, PLUMS
 ☰ BAKERY / BARS, VEGETABLES / SIDES



Spiced Prune and Date bread

⌚ TIME: 30 MIN * PRUNES, PLUMS
 ☰ GLUTTEN-FREE, BAKERY / BARS

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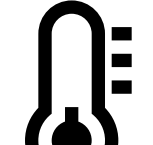


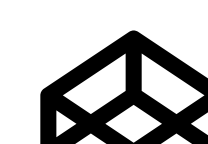
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Fresh Plum Concentrate

Made from mature fresh prune plums, Fresh Plum Concentrate can be used in everything from meat and poultry marinades to sauces. The ingredient can help with browning, moisture binding, and sugar reduction. Fresh Plum Concentrate is a gluten-free food made from non-GMO prune plums.

[Sample Request](#)

Ingredient Facts

 Fiber 1.77% soluble; .17% insoluble	 Titratable Acidity 1.8 to 2.6%	 pH 3.4-3.9	 Brix 70 degrees
 Sugars <small>PER 100G</small> Glucose: 21.04 g Fructose: 12.39 g Sucrose: 4.85 g Sorbitol: 13.76 g	 Storage <32F and <60% relative humidity	 Shelf Life 36 months	

Applications

Image

Culinary

Fresh Plum Concentrate from Sunsweet has the consistency of maple syrup and carries a pleasant, tart-cherry flavor similar to pomegranate molasses.

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Meat / Poultry

This ingredient can be used in both vacuum tumbling and injection processes. Its high level of antioxidants suppresses lipid oxidation. The suggested usage levels for moisture binding is between .5% to 1.1% of the weight of the meat block.

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Sauces

This concentrate blends well with water, adding sweetness and enhancing flavor easily in a range of sauces. In tomato sauces and braising sauces, it can replace sugar and draw out flavors of herbs while smoothing out the acidity of tomatoes or wine. Fresh Plum Concentrate also adapts to Southeast Asian sauces, such as sambal or satay sauce, adding sweetness to balance the flavors of the chiles and spices. Suggested usage levels vary from 3% to up to 15% depending on the recipe and desired sweetness. Since this is a concentrated product, it's often necessary to use Fresh Plum Concentrate with water.

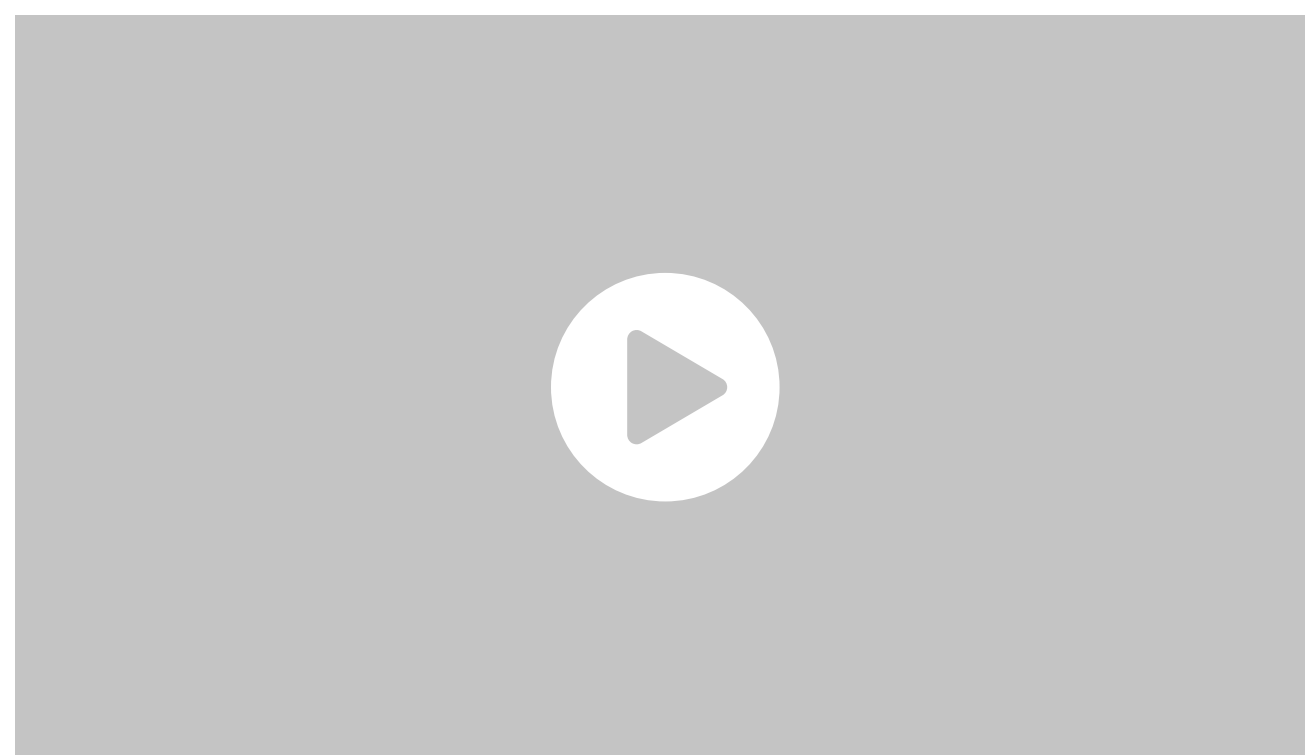
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Bakery / Bars

Added in small quantities, this concentrate can subtly enhance the caramelization of light-colored baked goods, such as vanilla pound cake, madeleines, and gluten-free muffins. Because the ingredient is high in antioxidants, it also staves off rancidity in whole-grain baked goods.

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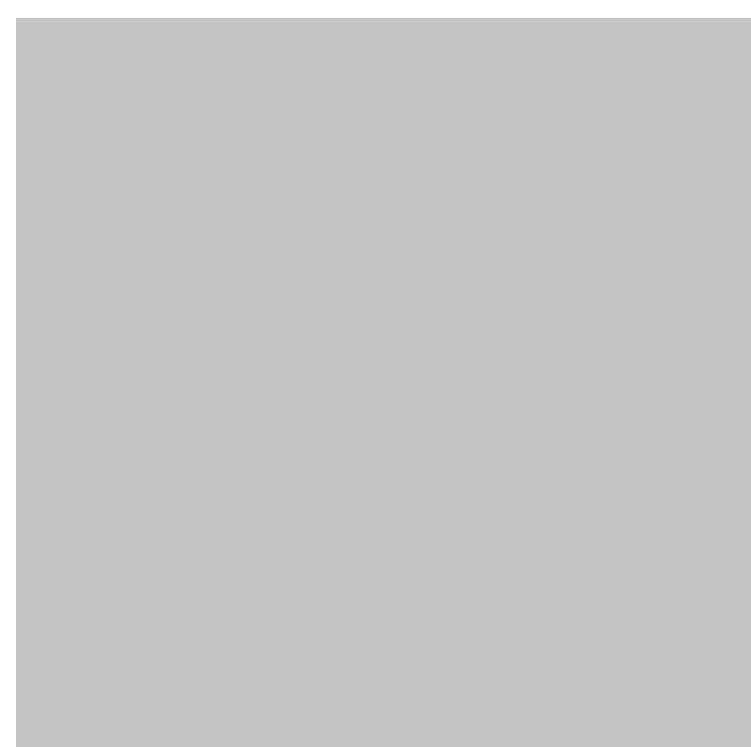
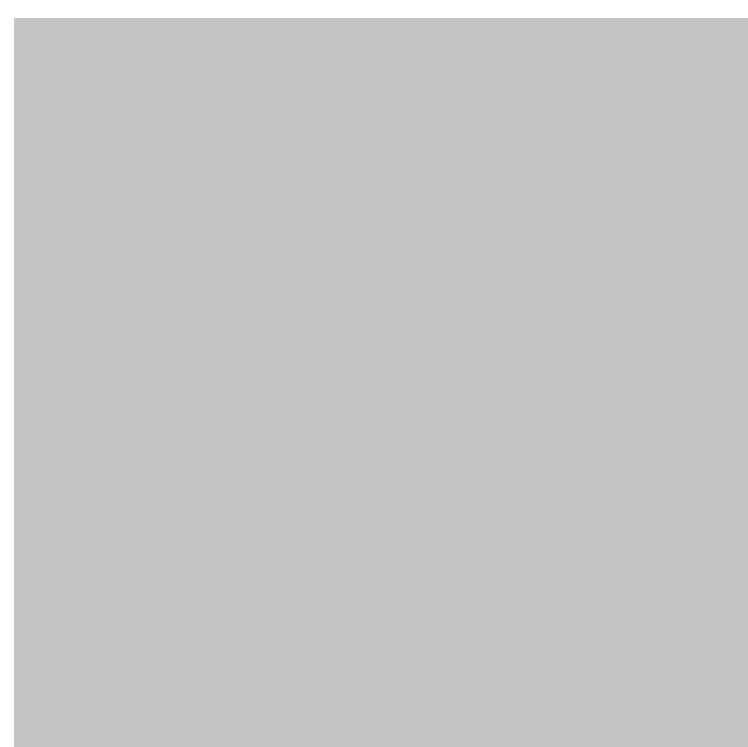
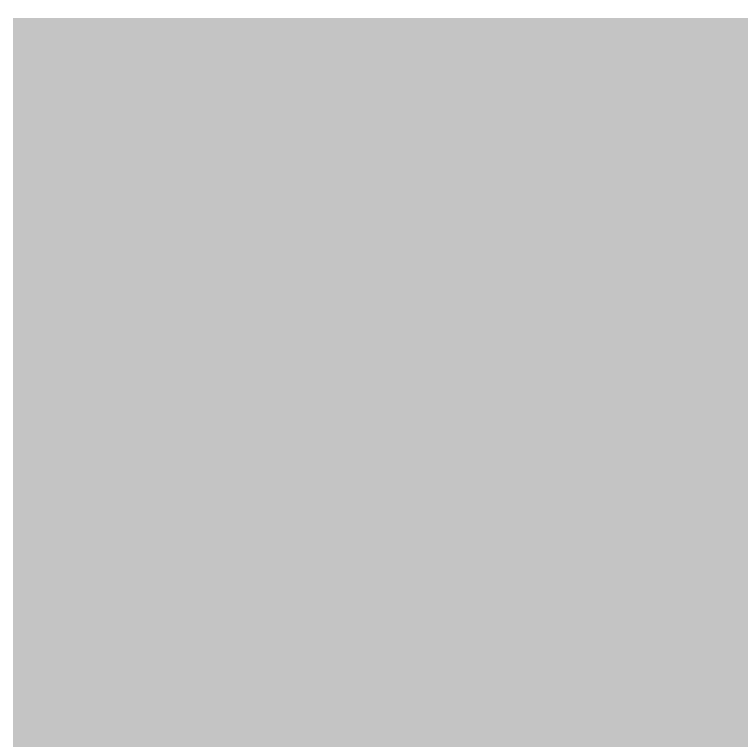
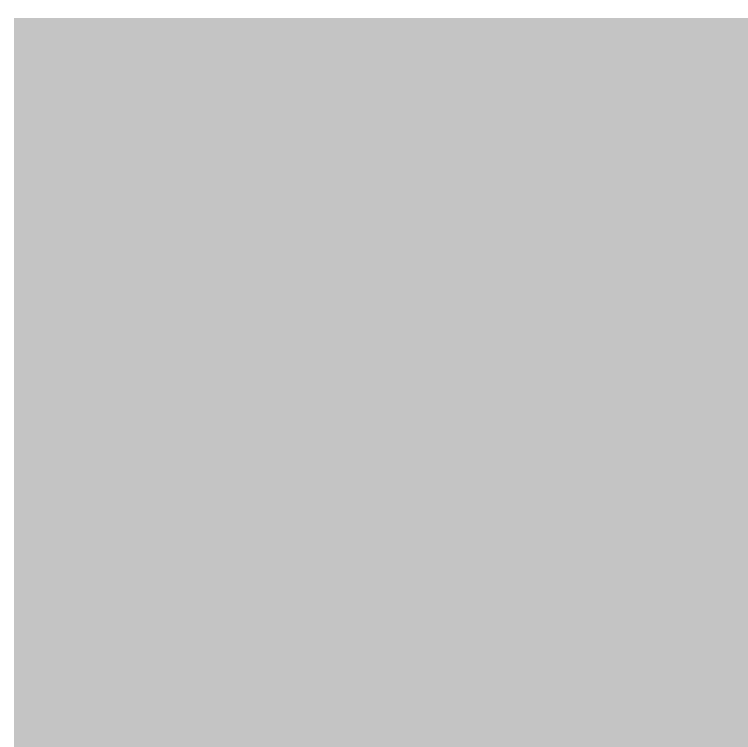
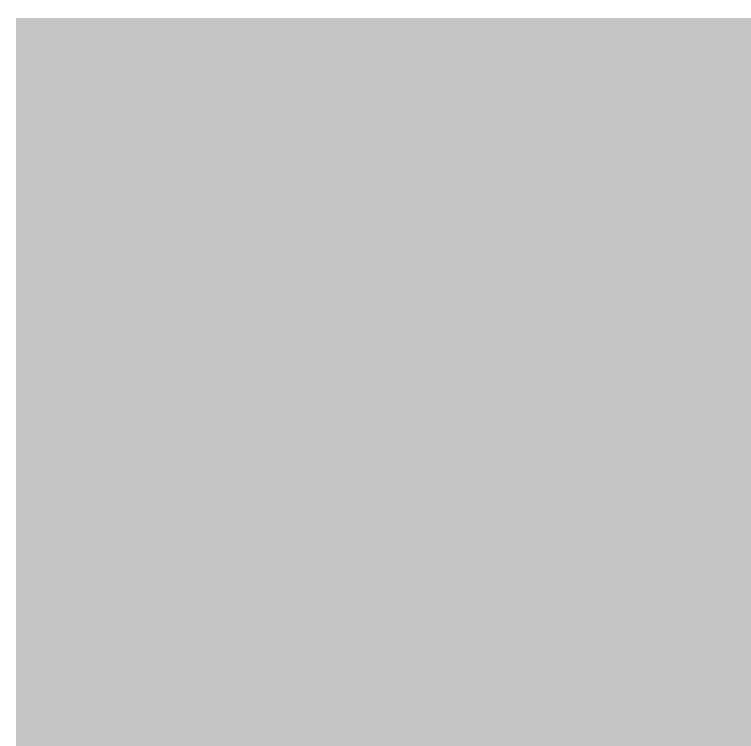
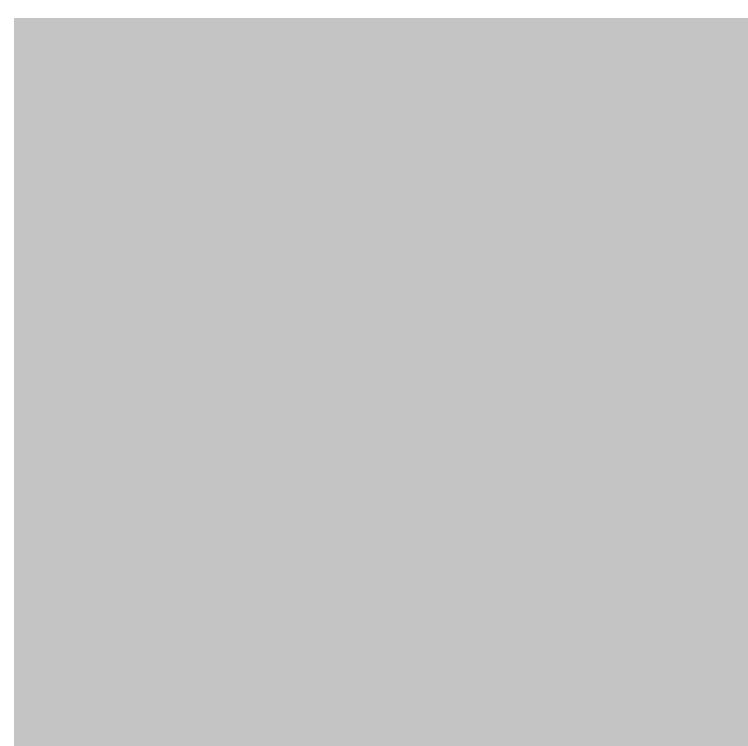
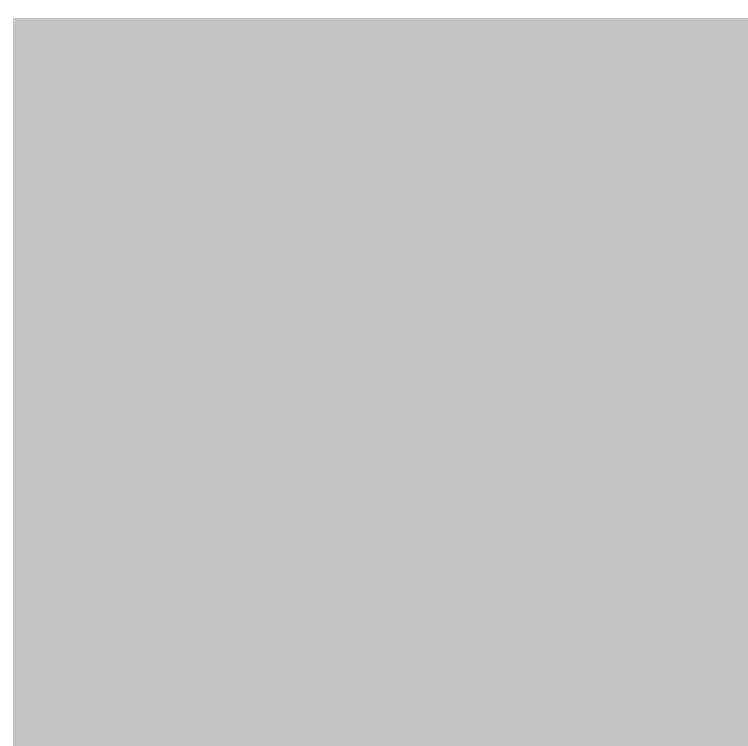
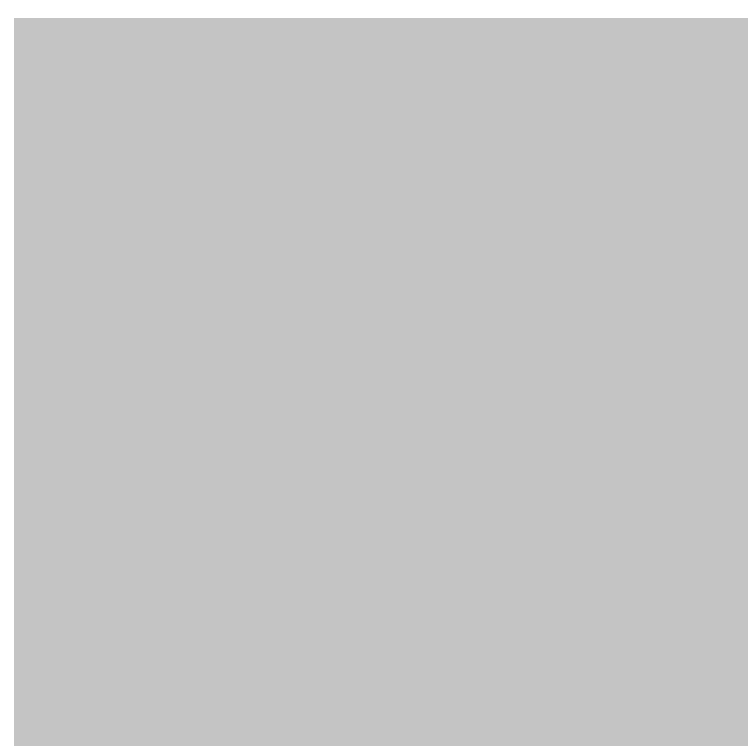
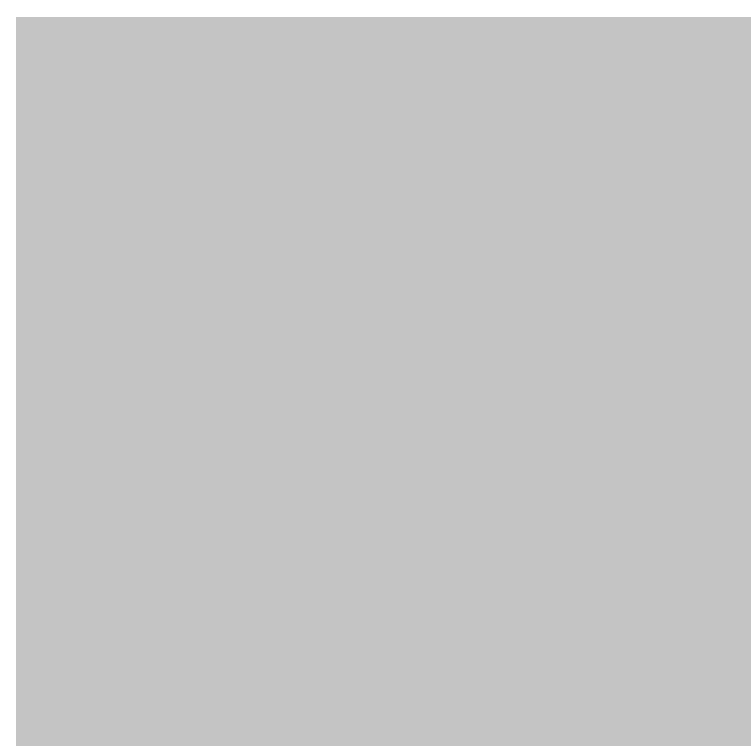
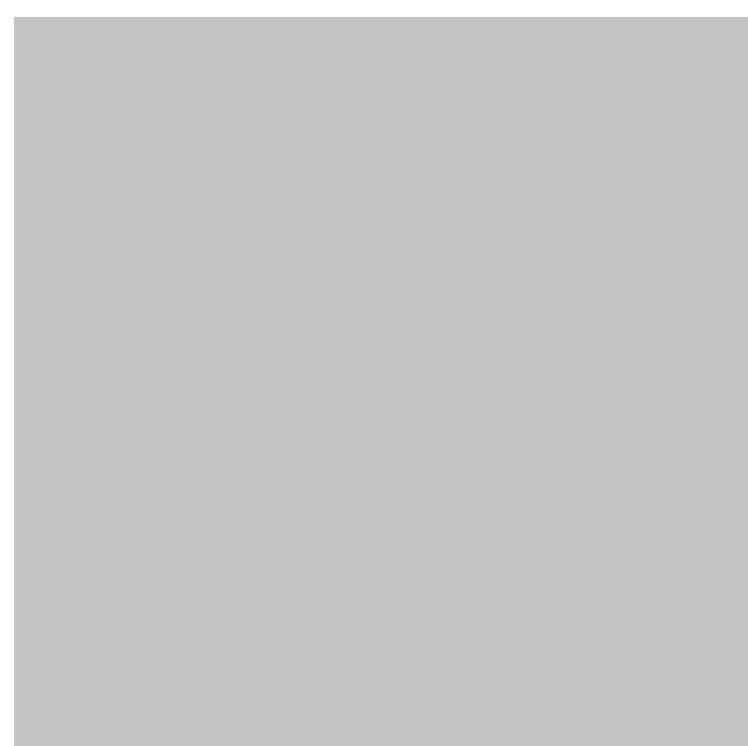
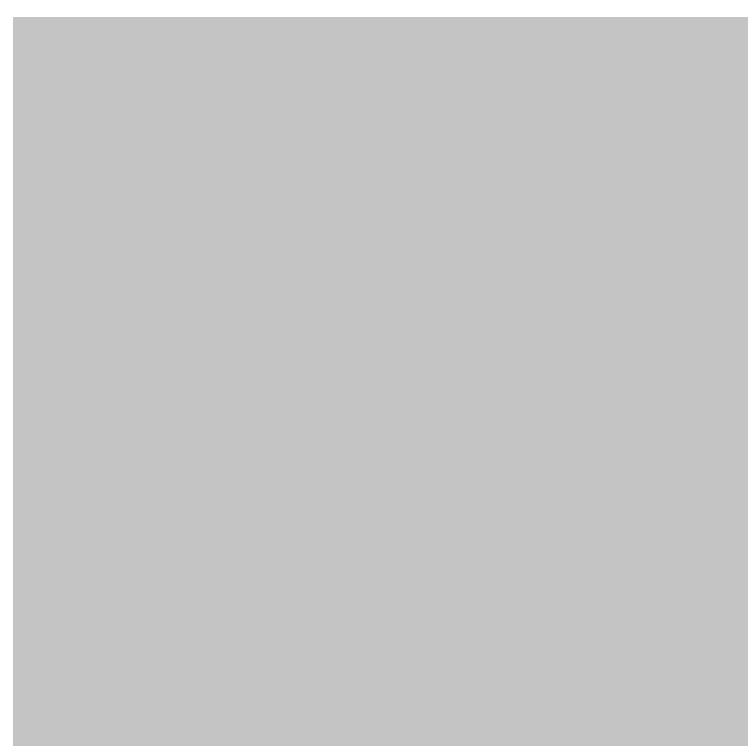
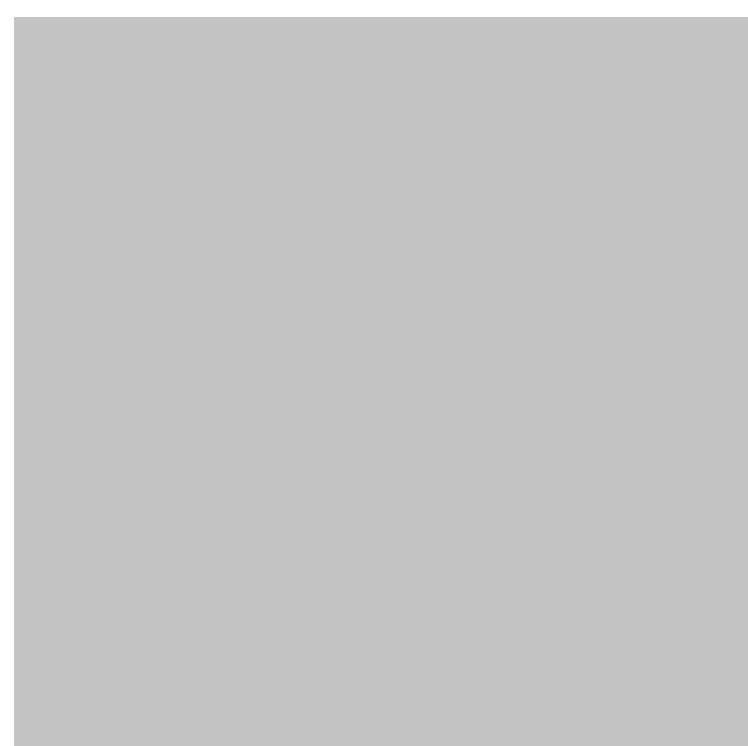
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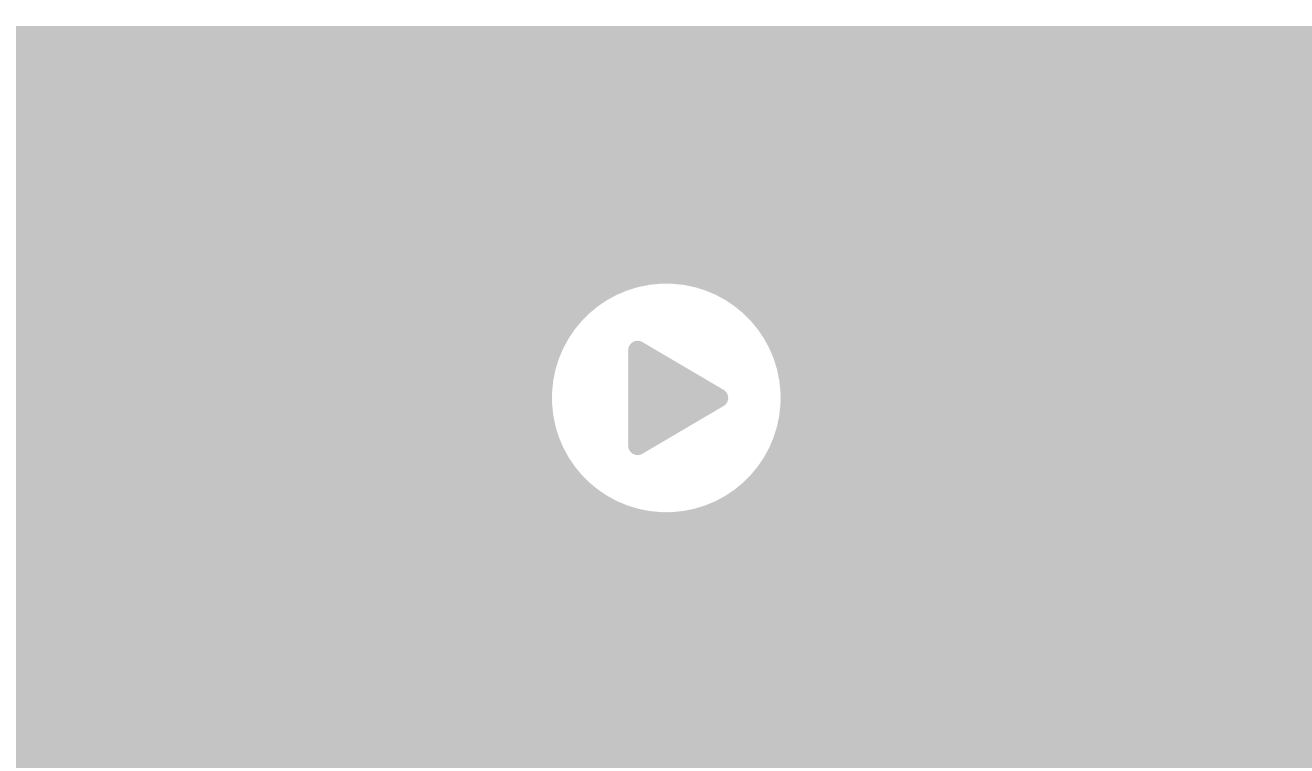
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GLUTTEN-FREE, MEAT/POULTRY/FISH

Crispy Sesame Meatballs with Yogurt and Pepper Dip

Prunes add sweetness to savory, protein-rich meatballs. Serve with a yogurt-and-bell pepper sauce to complete the appetizer.

Nutritional Facts

PER SERVING

	INGREDIENTS	Diced Prunes, Fresh Plum Concentrate
	TIME	30 min
	CALORIES	330 kcal / 1380 kJ
	PROTEIN	17 g

	FAT	25 g
	CARBOHYDRATE	7 g
	YIELD	8 large meatballs / 4 servings

Ingredients

Dip

- ½ red bell pepper, cored, seeded, and cut into small pieces
- ½ yellow bell pepper, cored, seeded, and cut into small pieces
- 300 g / 1 ¼ cups plain whole-milk yogurt
- 1 tablespoon sweet paprika
- 1 teaspoon dried red pepper flakes
- ½ teaspoon salt

Meatballs

- 400 g / 14 oz ground beef
- 1 yellow onion, finely diced
- 2 eggs
- 60 g / 1 lightly packed cup grated Parmesan
- 2 teaspoons fresh thyme, chopped
- 1 teaspoon salt
- ½ teaspoon ground black pepper
- 8 Pitted Prunes
- 40 g / 1/3 cup white sesame seeds for rolling
- 4 tablespoons olive oil

Instructions

- 1** To make the dip, blend the peppers, yogurt, and spices in a blender. Season with salt and chill until ready to serve.
- 2** To make the meatballs, mix the meat with the onion, eggs, Parmesan, thyme, salt, and pepper. Form into 8 meatballs. Place a prune in the center and reform back into a ball. Flatten slightly. Put the sesame seeds on a plate. Press each side of the meatballs into the sesame seeds and shake off the excess.
- 3** In a large skillet, heat the oil over medium-high heat. Add the meatballs and gently fry, adjusting the temperature to prevent the sesame seeds from scorching, until cooked through, about 10 minutes (a thermometer inserted into the center of the ball will read 165F). Drain on paper towels. Serve warm with the dip.

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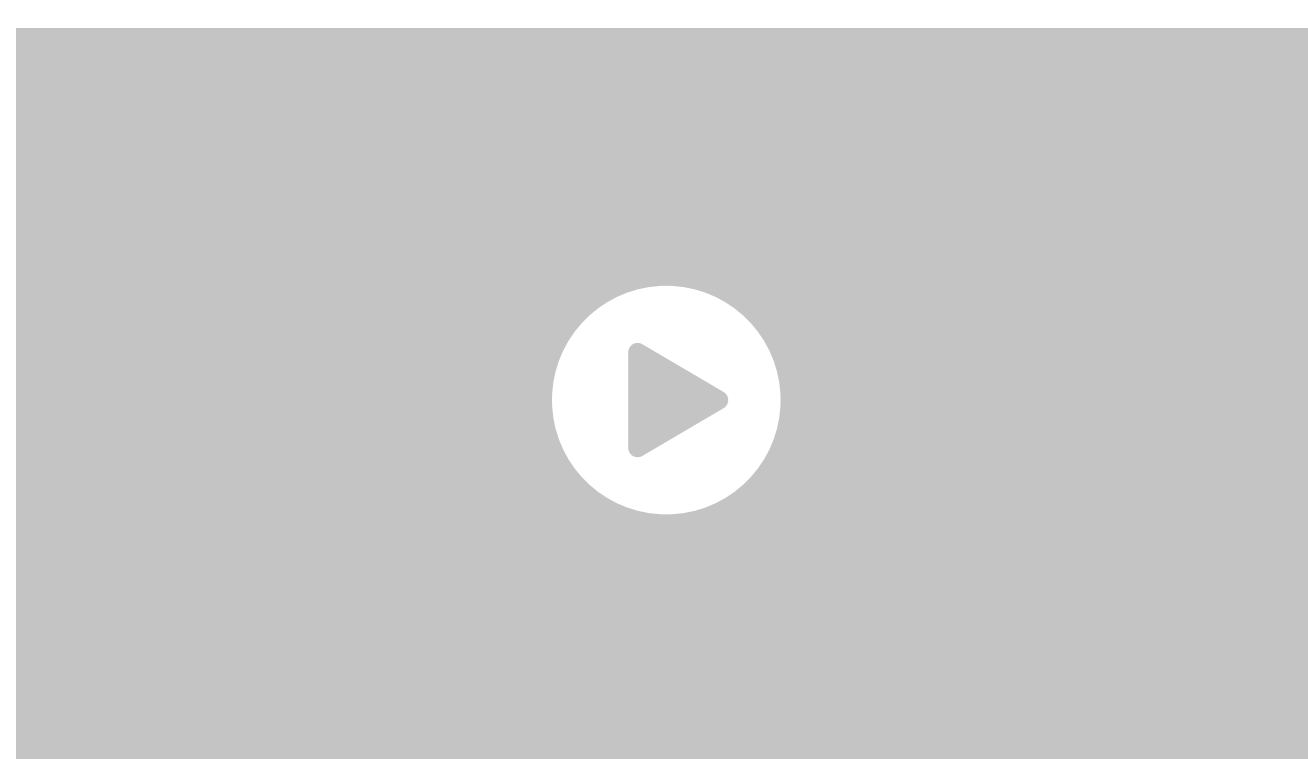


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Ingredients

- Fresh Plum Concentrate
- Prune Juice Concentrate
- Dried Plums (Diced and Whole/Pitted)
- Dried Plum
- Puree Dried
- Plum Powder
- Prune Paste
- Prune Bits

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Demo: Vegan Chocolate Chip Cookies with Prune Ingredients from California

Watch how to bake vegan chocolate chip cookies with dried plum puree from Sunsweet Ingredients.

[WATCH](#)

Demo: Using Our Ingredients in Meat and Poultry

Sunsweet Ingredients can enhance taste, reduce warmed over flavor, and take the place of caramel coloring in meat and poultry products.

[WATCH](#)

Demo: Low-Sugar, Low-Sodium Sauces

It's all about striking the right balance when making great-tasting sauces. Sunsweet Ingredients enhance flavor with less sugar and salt for better sauces.

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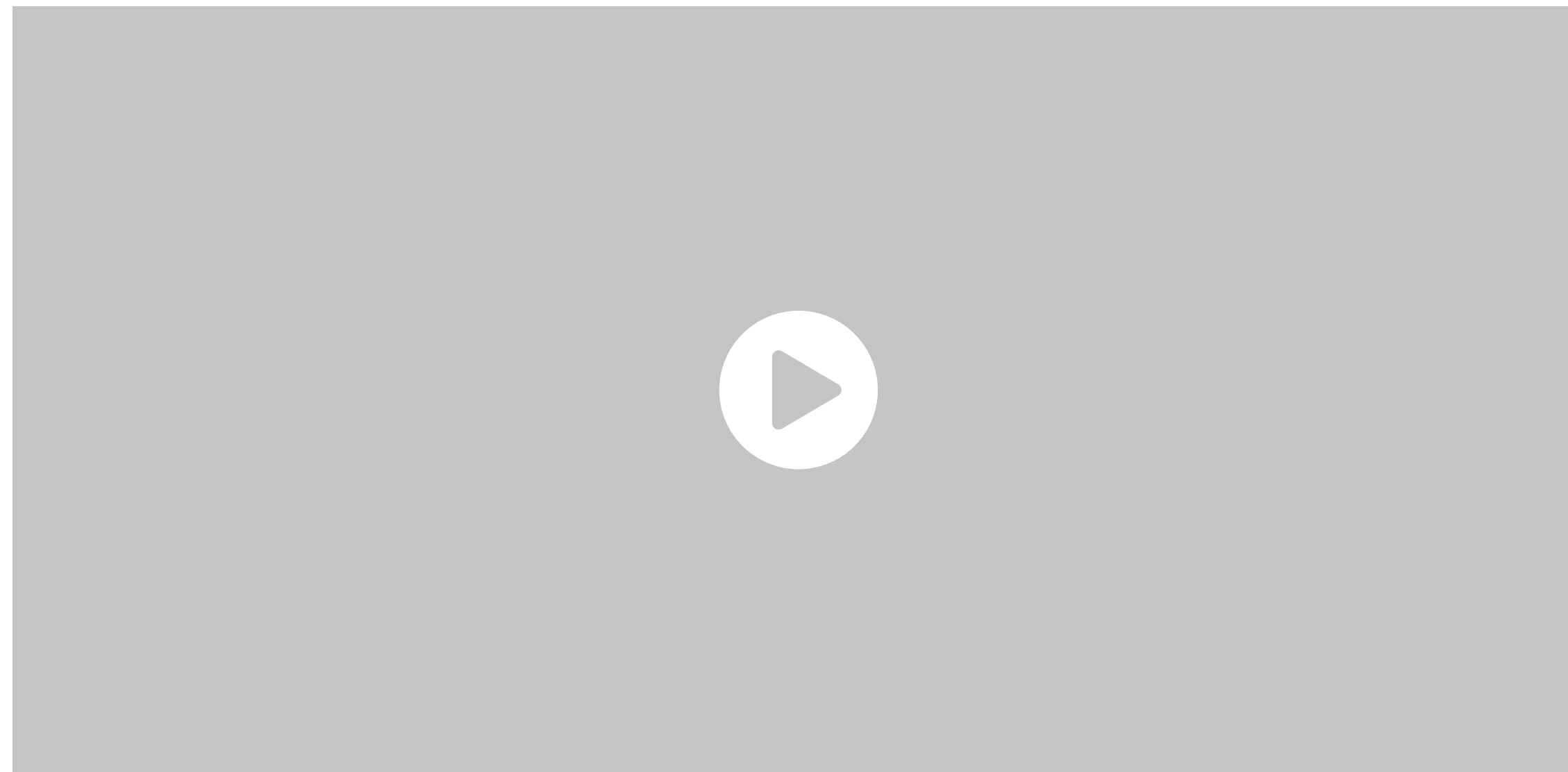
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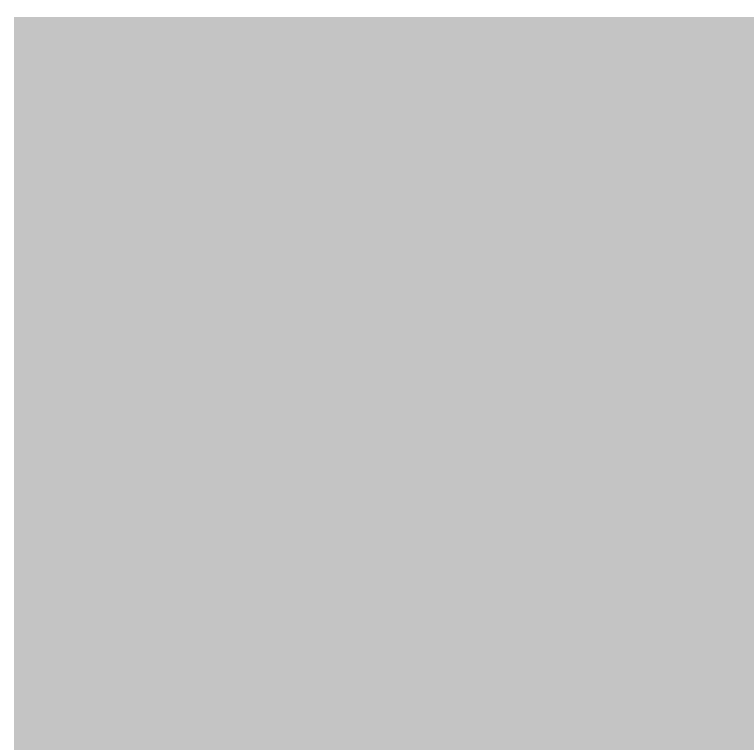


California prune ingredients from Sunsweet perform behind-the-scenes roles as flavor enhancers, texture improvers and so much more in a range of baked goods. Watch as Chef Rick Perez shows how to make vegan chocolate chip cookies. You heard it—no eggs, no butter. Just a tiny bit of Dried Plum Puree.

[Get the Recipe](#)

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