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The invention refers to the food industry, in particular to the production of canned fruits and vegetables.

Summary of the invention consists in that the process for the production of fruit and vegetable desserts includes peeling of fruits and vegetables from the inedible parts, slicing thereof, blanching, treatment with aqueous solution of edulcorant, heated up to a temperature of 85..95°C by filling thereof up at a ratio of fruits or vegetables and aqueous solution of edulcorant of 1:(1,5...2,0) with maturation, separation from the solution, drying at a temperature of 50...70°C up to the product humidity of 14...17% and strewing thereof. As aqueous solution of edulcorant is used an aqueous extract of stevia leaves, treatment of fruits and vegetables is carried out in three stages with maturation in the first stage during 4...5 hours, in the second 2...3 hours and in the third 1...2 hours. For strewing of the dried fruits it is used powder obtained from dried fruit peel pretreated with an extract of stevia leaves.

The result of the invention consists in enlarging the assortment of dietetic desserts with reduced caloric content.