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The invention refers to the food industry, namely to a composition and a process for preparing pickled fruits and berries with functional properties of diabetic character.

The pickled fruits and berries with stevia extract contain the following components, in mass %: fruits and berries 50...70, filling composition containing spices, acetic acid and stevia aqueous extract 30...50.

The process for preparing pickled fruits and berries with stevia extract includes preparation of fruits and berries, preparation of the filling composition, packing of fruits and berries in containers, pouring in the filling composition, sealing and sterilization. For preparation of the filling composition in the water are added spices, the stevia aqueous extract with the glycoside mass content of 1...20% is boiled 3...5 min, filtered and it is added the acetic acid.

The result of the invention consists in obtaining a product with functional properties of diabetic character, enriched with amino acids, vitamins, polyphenols and mineral substances.

Claims: 2