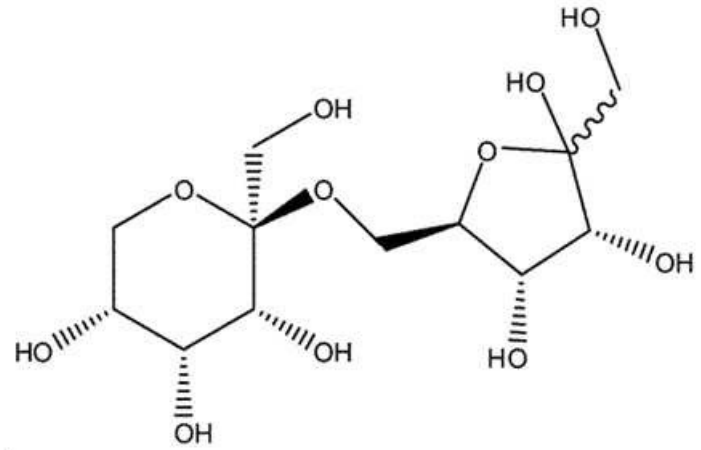
WHAT IS CLAIMED IS:

1. A composition for preparing allulose, the composition comprising an allulose disaccharide,

wherein the allulose disaccharide has two allulose molecules linked by a glycosidic bond, the glycosidic bond linking a hydroxyl group at C2 position of one allulose molecule of the two allulose molecules to a hydroxyl group at any one position of C1 to C6 positions of the other allulose molecule.

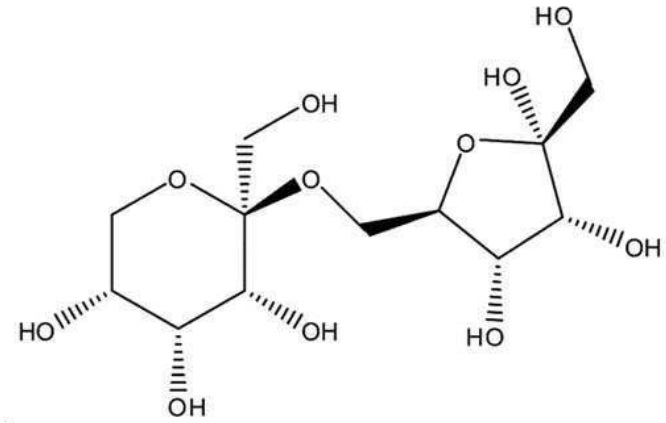
2. The composition of claim 1, wherein the allulose disaccharide is represented by Formula 1 below:

[Formula 1]

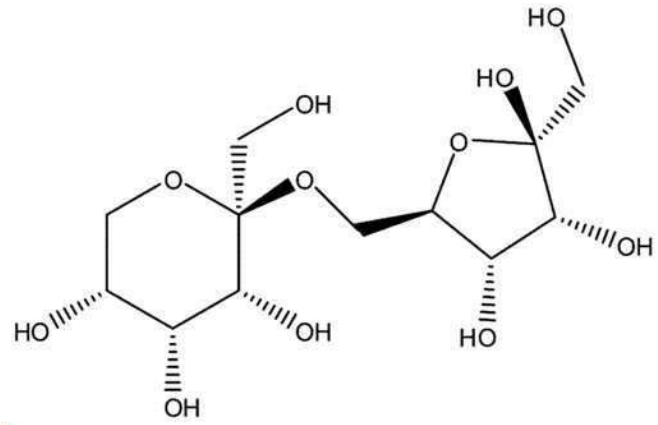


3. The composition of claim 1, wherein the allulose disaccharide is represented by Formula 2 or 3 below:

[Formula 2]



[Formula 3]

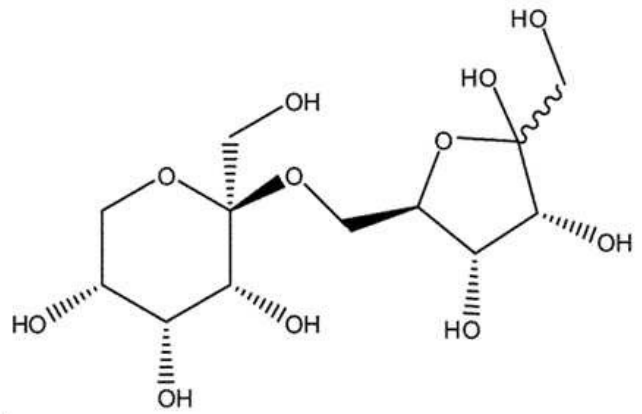


4. A method of preparing allulose, the method comprising heating a composition including an allulose disaccharide,

wherein the allulose disaccharide has two allulose molecules linked by a glycosidic bond, the glycosidic bond linking a hydroxyl group at C2 position of one allulose molecule of the two allulose molecules to a hydroxyl group at any one position of C1 to C6 positions of the other allulose molecule.

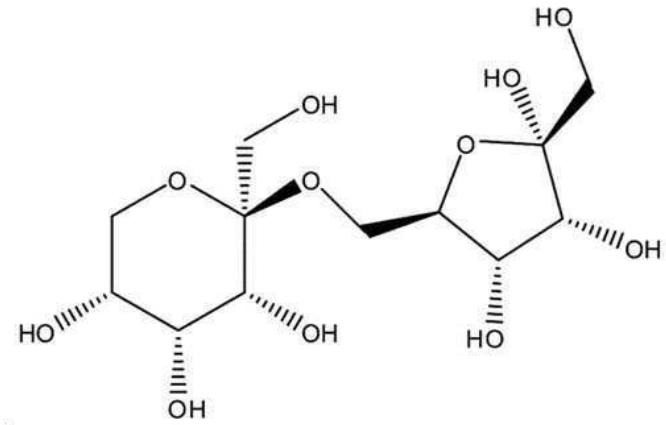
5. The method of claim 4, wherein the allulose disaccharide is represented by Formula 1 below:

[Formula 1]

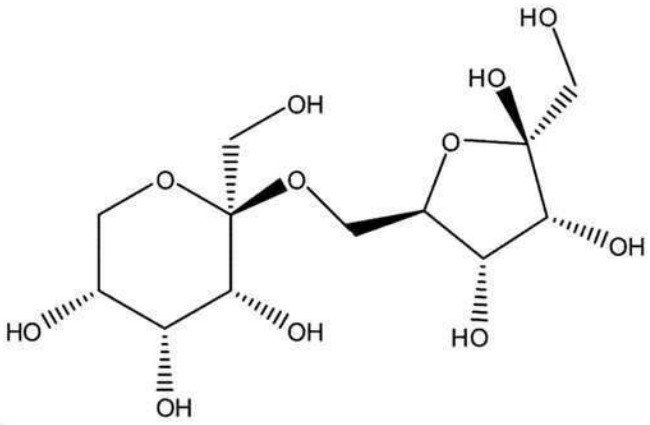


6. The method of claim 4, wherein the allulose disaccharide is represented by Formula 2 or 3 below:

[Formula 2]



[Formula 3]



7. The method of claim 4, wherein the heating is performed at a temperature of 60°C or higher and 100°C or lower.

8. The method of claim 4, wherein the composition including the allulose disaccharide further includes allulose.

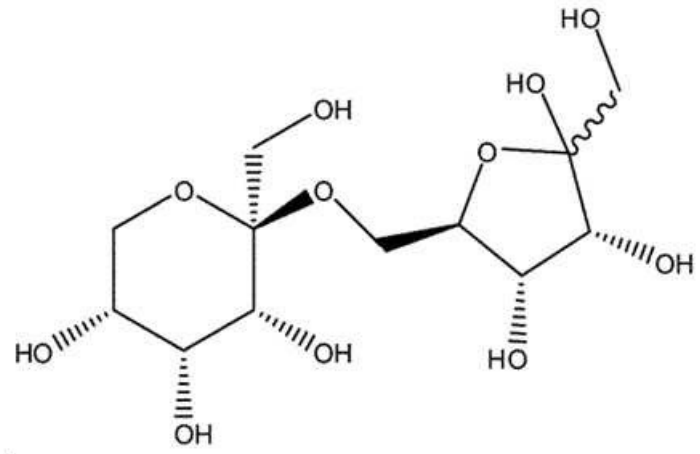
9. The method of claim 4, wherein the allulose disaccharide included in the composition is an allulose precursor.

10. Use of an allulose disaccharide as an allulose precursor,

wherein the allulose disaccharide has two allulose molecules linked by a glycosidic bond, the glycosidic bond linking a hydroxyl group at C2 position of one allulose molecule of the two allulose molecules to a hydroxyl group at any one position of C1 to C6 positions of the other allulose molecule.

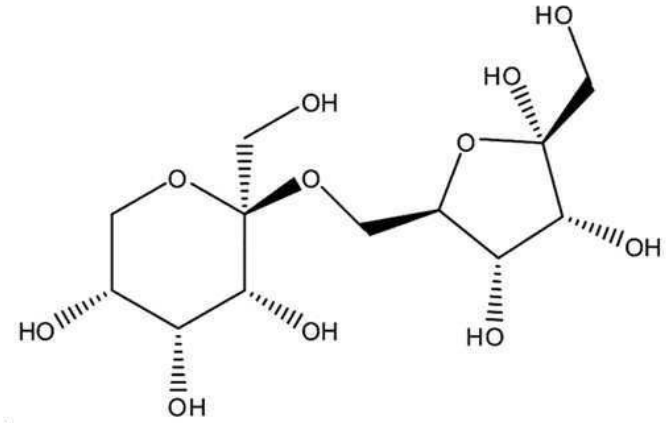
11. The use of claim 10, wherein the allulose disaccharide is represented by Formula 1 below:

[Formula 1]



12. The use of claim 10, wherein the allulose disaccharide is represented by Formula 2 or 3 below:

[Formula 2]



[Formula 3]

