

# Low-Carb Cherry Amarenata

Hands-on 10-15 minutes Overall 40-45 minutes

**Nutritional values (per serving, 1 tbsp, 20 g/ 0.7 oz):** Total carbs: 2.9 g, Fiber: 0.3 g,

**Net carbs: 2.7 g,** Protein: 0.2 g, Fat: 0 g, Calories: 13 kcal,

Original recipe, Keto Diet App - The ultimate low-carb diet app



## Ingredients (makes about 1 1/2 cups/ 360 ml)

2 1/2 cup pitted cherries *or* frozen cherries (375 g/ 13.2 oz)

1/2 cup Erythritol *or* Swerve (80 g/ 2.8 oz)

1 vanilla bean *or* 1 tbsp unsweetened vanilla extract

1 tsp cinnamon

*Optional:* 1 tbsp arrowroot powder (9 g/ 0.3 oz) *or* 2 tbsp ground chia seeds (16 g/ 0.5 oz)

3/4 + 1/4 cup water (240 ml/ 8 fl oz)

## Instructions

1. Wash the cherries and remove the pits. Add them to a non-reactive pan.
2. Add the Erythritol and 3/4 cup of water.
3. Add the cinnamon and vanilla extract and mix in well. If using vanilla bean, cut the vanilla bean lengthwise and scrape the seeds out.
4. Place on a stove and cook over low-medium heat. Slowly bring to a boil and mix frequently until the juices slightly thicken. This may take 20-30 minutes.
5. If using arrowroot (if you need a thicker sauce): Mix the arrowroot with the remaining water and add to the cherries. Mix well while slowly pouring in.
6. You can use arrowroot powder or ground chia seeds. I prefer arrowroot because it makes the texture smoother and the carbs count per serving is not significantly higher (2.7 g net carbs with chia seeds and 3.1 g net carbs with arrowroot powder). If you use chia seeds, you don't need to add water in two parts, simply sprinkle the chia seeds over the cherries in step 5 and turn off the heat. Let it sit for 10-15 minutes.\*
7. Cook for another 5 minutes and take off the heat. When using arrowroot powder, you shouldn't cook it at high temperatures and not for too long.
8. When done, your amarenata should be thickened into a syrup and the flavour very strong - just like sweet cherry extract. It will thicken even more when chilled.
9. You can store amarenata in the fridge for up to 2 weeks or preserve for longer. Enjoy with full-fat yogurt, creamed coconut milk or make a batch of Keto Amarena Cherry Ice-Cream.

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