

Low-Carb Dark Cherry Chia Jam

Hands-on 15 minutes Overall 15 minutes

Nutritional values (per serving, 1 tbsp / 20g / 0.7 oz): Total carbs: 2 g, Fiber: 0.57 g,

Net carbs: 1.5 g, Protein: 0.32 g, Fat: 0.36 g, Calories: 12.5 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients per jar (makes about 440 g / 1 lb)

2 1/2 cups dark pitted cherries (250 g/ 8.8 oz)

3 tbsp [chia seeds](#) (24 g/ 0.8 oz)

1/2 tsp [vanilla powder](#) (~ 1 [vanilla bean](#)) or [cinnamon](#)

peel from 1/2 lemon

1/4 cup [Erythritol](#) or other healthy [low-carb sweetener from this list](#)
(40 g/ 1.4 oz)

10-15 drops [liquid Stevia](#) extract

1 cup water (240 ml/ 8 fl oz)

Note: The lemon zest is used only for brief cooking and does not add any nutritional value. When looking for ingredients, try to get them in their most natural form (organic, without unnecessary additives).

Instructions

1. Wash and pit the cherries and place them in a small sauce pan with a cup of water.
2. Slowly heat up and simmer for 8-10 minutes.
3. Peel half of a lemon and place the peel into the sauce pan for about a minute or two. *Note: Pell the lemon with a knife rather than using a zester, it will be easier to remove the peel using just a tablespoon.*
4. Don't leave the peel in the sauce pan for too long or the jam will get bitter.
5. Open and scrape the vanilla bean and add the seeds into the mixture. Sweeten with Erythritol and stevia.
6. Take off the heat, add chia seeds and mix well. If you are using the jam straight away, leave to rest for 15-20 minutes until it becomes jellied and firm.
7. Mix before using.
8. Otherwise, transfer into a glass jar, let it cool down, seal and keep refrigerated. Use within 5-7 days.

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