

# Homemade Sugar-Free Dried Cranberries

Hands-on 15 minutes Overall 4-5 hours

**Nutritional values (per serving, 3 tbsp, 21 g/ 0.8 oz):** Total carbs: 6.7 g, Fiber: 1.7 g,

**Net carbs: 5 g,** Protein: 0.2 g, Fat: 2.1 g, Calories: 45 kcal,

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



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

600 g fresh cranberries (1.3 lb)

2 tbsp virgin [coconut oil](#), [ghee](#) or neutral tasting oil (30 ml)

3/4 cup granulated low-carb sweetener such as [Allulose](#), [Erythritol](#)  
or [Swerve](#) (150 g/ 5.3 oz)

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## Instructions

1. Preheat the oven to 150 °C/ 300 °F (fan assisted), or 170 °C/ 340 °F (conventional). Halve the cranberries.
2. Place the cranberries in a mixing bowl. Melt the coconut oil in a microwave or place in a small saucepan and melt on the stove (or use melted ghee or avocado oil). Pour the coconut oil over the cranberries and use a spoon to combine.
3. Place the cranberries in a baking sheet lined with parchment paper. Sprinkle the low-carb sweetener all over the cranberries (you can use Allulose, Erythritol or Swerve). Place in the oven and bake for 15 minutes.
4. Remove from the oven and mix with a spatula. Reduce the temperature to 70 °C/ 160 °F (fan assisted), or 90 °C/ 200 °F (conventional). Return back in the oven.
5. Dehydrate for 3 to 4 hours. Remove from the oven and let them cool down completely.
6. Place the cranberries in an airtight container and store in the fridge for 2 to 3 weeks. The cranberries can also be frozen for up to 3 months.
7. Just before serving remove from the fridge and keep at room temperature for 15 to 20 minutes.

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