

Healthy Sugar-Free Raspberry & Cream Jellies

Hands-on 20 minutes Overall 4 hours 30 minutes

Nutritional values (per serving, 2 jellies): Total carbs: 1.8 g, Fiber: 0.7 g, **Net carbs: 1.1 g,**

Protein: 6.2 g, Fat: 7.7 g, Calories: 101 kcal,

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



Ingredients (makes 24 jellies)

1 cup heavy cream (240 ml/ 8 fl oz) - *you can use coconut milk such as Aroy-D for dairy-free*

1 cup fresh or frozen raspberries (123 g/ 4.3 oz)

2 tsp Swerve or Erythritol, or 4-6 drops of liquid Stevia

1/2 cup grass-fed gelatin powder (80 g/ 2.8 oz)

1 cup water (240 ml/ 8 fl oz)

Note: Sweetener can be used to taste. Natural grass-fed gelatin is by far the best gelatin to use for your gut health. You do need a bit more of it than the standard "baking" gelatin that you find at the supermarket, but it is by far better for you.

Instructions

1. In two small containers, place 1/2 cup of cold water and 1/4 cup of gelatin. Allow to sit and bloom while preparing the other ingredients.
2. Place the raspberries in a small saucepan and sweeten to your personal taste, heat gently while smooching with your spoon to release the juices.
3. Also, in a separate pan, add the cream and heat to a gentle simmer. Add one of the bloomed gelatin bowls into the cream and whisk until dissolved.
4. Blend and then strain the raspberries and return to a clean pan over medium heat.
5. Add the other bloomed gelatin to the berries and whisk until dissolved.
6. Set your jellies mould out on the bench (I just used an ice cube tray) and pour your mixtures into jugs to make pouring easy. You can make them all the same or you can have fun with the layers like I did.
7. Pour your first layer into your mould and place in the refrigerator to set. If you're concerned about your mixtures setting while you wait, sit your jugs in a warm water bath to keep it liquid.
8. Once your bottom layer has set, gently pour your top layer over and

refrigerate to set.

9. Jellies should be fully set after about 4 hours. Store, in a container, in the refrigerator for up to 2 weeks.

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