

Healthy Sugar-Free Strawberry & Lime Jellies

Hands-on 15 minutes Overall 3 hours 15 minutes

Nutritional values (per jelly): Total carbs: 1 g, Fiber: 0.2 g, **Net carbs: 0.8 g**, Protein: 2.4 g,
Fat: 0 g, Calories: 13 kcal,

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



Ingredients (makes 24 jellies)

1 3/4 cups fresh strawberries, halved (270 g/ 9.5 oz)

6 tbsp grass-fed [gelatin powder](#) (66 g/ 2.3 oz)

3/4 cup cold water (180 ml/ 6 fl oz)

juice of 1 small lime

Optional: [healthy low-carb sweetener from this list](#), to taste

Instructions

1. Place the gelatin into a bowl. Add the water and allow to bloom whilst you prepare the strawberries.
2. Blitz the strawberries in a [high speed blender](#).
3. Spoon into a muslin cloth and squeeze out the juice. Discard the pith.
4. Place 1/2 the juice in a pan on a low heat to warm. Add the bloomed gelatin and whisk until combined. Turn off the heat and add the lime juice and the rest of the strained strawberry juice.
5. Place your jelly mould on a flat surface (I used a silicone jelly mould but you can use a silicone ice cube tray or chocolate mould too.)
6. Pour your strawberry mixture into a jug and then into the moulds. Place in the fridge for 3 hours to fully set.
7. Store in a fridge for up to 2 weeks.

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