

Low-Carb Blackberry Fool

Hands-on 20 minutes Overall 2 hours

Nutritional values (per serving): Total carbs: 11.9 g, Fiber: 4 g, **Net carbs: 7.8 g,**

Protein: 3.5 g, Fat: 38.2 g, Calories: 405 kcal,

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



Ingredients (6 servings)

- 450 g blackberries, fresh or frozen (1 lb)
- 2 tbsp lemon juice (30 ml)
- 1/4 cup granulated [Erythritol](#) or [Swerve](#) (50 g/ 1.8 oz)
- 1/2 tsp [vanilla powder](#) or 1-2 tsp sugar-free [vanilla extract](#)
- 2 cups heavy whipping cream (480 ml/ 16 fl oz)
- zest from 1 lemon
- 1 cup sour cream (230 g/ 8.1 oz)

Optional: 20-30 drops [liquid stevia](#)

Optional: about 1 tbsp [chia seeds](#) to thicken

Note: for a dairy-free option, use [coconut cream](#) instead of heavy whipping cream, and [coconut yogurt](#) instead of sour cream. If you avoid sweeteners you can skip them altogether.

Instructions

1. Start by preparing the blackberry sauce. Juice and zest the lemon. Set the zest aside to use it later in the cream. Keep 6 blackberries aside for topping.
2. Place the blackberries into a sauce pan. Add the erythritol, half of the vanilla powder and lemon juice.
3. Bring to a boil and simmer for 3-5 minutes, or until the berries are soft. Set aside to cool down completely. To speed it up you can place the sauce pan into ice bath.
4. Pour the heavy whipping cream in a large bowl and whisk to form peaks. Gently fold through the sour cream, fine lemon zest and the remaining vanilla powder.
5. Swirl in about half of the cooled blackberry juice.
6. Mix using a rubber spatula. Add a few drops of stevia if desired.
7. To assemble, spoon a layer of the blackberry-lemon cream into 6 jars. Add a layer of the softened blackberries and blackberry juice. Repeat the process again and finally top with a fresh blackberry.

Note: the blackberry mixture will be quite runny. If you prefer a

more jam-like texture, add about a tablespoon of whole chia seeds and let it set for about 30 minutes.

8. Place in the fridge for about 2 hours to set. Store refrigerated for up to 3 days.

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