

# Low-Carb Red, White & Blue Berry Parfaits

Hands-on 15 minutes Overall 1-2 hours

**Nutritional values (per serving):** Total carbs: 11.7 g, Fiber: 2.8 g, **Net carbs: 8.9 g,**

Protein: 3.7 g, Fat: 22 g, Calories: 244 kcal,

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



## Ingredients (makes 4 servings)

### Red layer:

1 1/2 cups strawberries, fresh or frozen and thawed (216 g/ 7.6 oz)

1/3 cup water (80 ml/ 2.7 fl oz)

1 tsp gelatine *or* 1 tbsp [chia seeds](#)

15-20 drops [liquid stevia](#) *or* 1-2 tbsp [Erythritol](#) *or* [Swerve](#) -  
*sweetener can be omitted*

### White layer:

3/4 cup [coconut cream](#) (180 g/ 6.3 oz) - *same as* [creamed coconut milk](#)

1/2 cup liquid [coconut milk](#), such as [Aroy-D](#) *or* unsweetened [almond milk](#) (120 ml/ 4 fl oz)

1/2 tsp [vanilla powder](#) *or* 1-2 tsp sugar-free [vanilla extract](#)

2 tbsp [powdered Erythritol](#) *or* [Swerve](#), *or* 15-20 drops [liquid stevia](#) -  
*sweetener can be omitted*

### Blue layer:

3/4 cup blueberries, fresh or frozen (113 g/ 4 oz) - *wild blueberries contain fewer carbs*

*Tip: To get the net carbs per serving down to 7.4 g, use an equal amount of blackberries instead of blueberries.*

## Instructions

1. Start by preparing the red layer. Place the strawberries with 1/4 cup (60 ml) of water into a blender *or* a [food processor](#) and pulse until smooth.
2. Pour the strawberry puree into a small sauce pan and add stevia. Mix the gelatine with the remaining water, and then pour into the sauce pan with the pureed strawberries. Heat gently until warm, and then take off the heat.
3. Divide the strawberry mixture between 4 jars or glasses, and then, place in the fridge for an hour or until set.

4. When the red strawberry layer is set, prepare the white coconut cream layer. Spoon the coconut cream into a bowl. Add liquid coconut milk, powdered Erythritol, and vanilla.
5. Using an [electric mixer](#) *or* a hand whisk, process until smooth and airy.
6. Spoon the white layer equally in the 4 jars, on top of the red strawberry layer.
7. Finally, top with fresh or frozen blueberries. Enjoy immediately *or* store in the fridge for up to 3 days.

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