

Spooky Halloween Blackberry Jelly Bats

Hands-on 15 minutes Overall 3 hours

Nutritional values (per jelly): Total carbs: 1.2 g, Fiber: 0.6 g, **Net carbs: 0.5 g**, Protein: 2.9 g,
Fat: 0.1 g, Calories: 16 kcal,

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



Ingredients (makes about 20 jellies)

- 6 tbsp grass-fed gelatin (65 g/ 2.3 oz)
- 3/4 cup cold water (180 ml/ 6 fl oz)
- 1 1/2 cups blackberries, fresh or frozen and thawed (215 g/ 7.6 oz)
- 1 tsp [cinnamon powder](#)
- 1 tsp [vanilla powder](#) or sugar-free [vanilla extract](#)
- Optional:* [keto-friendly sweetener from this list](#), to taste

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Instructions

1. Place the gelatin in a bowl. Add the water and allow to bloom whilst you prepare the blackberries.
2. Add the blackberries to a high speed blender and blitz until smooth. Spoon into a muslin cloth and squeeze out the juice. Discard the pith.
3. Place *half* the blackberry juice in a pan. Heat on a low heat and add the bloomed gelatin. Stir until melted.
4. Turn off the heat and stir in the remaining blackberry juice, cinnamon and vanilla until combined.
5. Optionally, pass the mixture through a small sieve again to make the jellies super smooth. Make sure you do this straight away though before the jelly starts to set.
6. Pour the blackberry mix into the silicone moulds and place in the fridge for 3 hours or until fully set and firm.
7. Store in the fridge in a sealed container for up to 2 weeks. Enjoy!
These jellies also make a great gift!

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