

Sugar-Free Raspberry Balsamic Chia Jam

Hands-on 10 minutes Overall 20 minutes

Nutritional values (per serving, tbsp, 20 g/ 0.7 oz): Total carbs: 1.9 g, Fiber: 0.8 g,

Net carbs: 1.1 g, Protein: 0.4 g, Fat: 0.3 g, Calories: 11 kcal,

Original recipe, Keto Diet App - The ultimate low-carb diet app



Ingredients (makes about 2 cups)

500 grams frozen *or* fresh raspberries (1.1 lb)

2 tbsp balsamic vinegar (30 ml)

2 tbsp chia seeds (16 g/ 0.6 oz)

12 drops of stevia, or to taste

Instructions

1. Place all the ingredients in a saucepan: raspberries, balsamic vinegar, ...
2. ... chia seeds and stevia. Cook on the stove over a medium heat for a few minutes.
3. Stir and squash the raspberries as the heat through to release the juices. Feel free to add a tablespoon of water if you are concerned.
4. Continue until the berries are uniform and a jam-like consistency is achieved. Taste and add sweetener if needed. Spoon jam into jars and seal while hot.
5. This makes a large batch of jam, so is perfect for gifting. Feel free to reduce the amounts by a quarter for an individual jar. Store sealed in the refrigerator for up to one week.

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