

Sugar-Free Raspberry Chocolate Jellies

Hands-on 20 minutes Overall 2 hours



Nutritional values (per jelly): Total carbs: 2.3 g, Fiber: 1 g, **Net carbs: 1.3 g**, Protein: 3.5 g,
Fat: 2.9 g, Calories: 45 kcal,

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

Ingredients (makes 20 jellies)

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

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

1 3/4 cups fresh raspberries (215 g/ 7.6 oz)

Optional: 1-2 tbsp powdered [Swerve](#) or [Erythritol](#) or [stevia](#) drops to taste

1 bar [90% dark chocolate](#), or at least [85% dark chocolate](#) (100 g/ 3.5 oz)

Instructions

1. Place the gelatin in a bowl. Add the water and allow to bloom.
2. Blitz the raspberries in high speed blender until smooth. Place in a muslin cloth and squeeze out the juice. Discard the pith.
3. Add about half of the raspberry juice to a pan. Heat on a medium setting and add the gelatin. Stir until melted.
4. Remove from the heat and stir through the remaining juice. Skim off any froth if needed and pour into your silicone jelly moulds. Place in the fridge to set for 1-2 hours.
5. Once set, remove the jellies from the moulds.
6. Meanwhile, melt the dark chocolate in a small bowl or glass jug on top of pan filled with a cup of water over a medium heat. When melted remove from the heat and *let it cool down* to room temperature before using as coating.
7. To make the holder, chop the bottom off a turnip or another hard vegetable like a beetroot, cover in tin foil and place on a baking tray.
8. Insert a toothpick into each jelly (making sure not to skewer all the way through) and dip into the chocolate. It helps if you can freeze the jellies for 5-10 minutes to help the chocolate coating set faster.
9. Shake off any excess and skewer into your 'turnip' to allow to dry. Repeat until all the jellies have been dipped in chocolate.
10. Allow to reach room temperature then place in the fridge to set for

about 15-30 minutes.

11. Store in room temperature or in a fridge for up to 5 days.

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