

Super Smooth Low-Carb Strawberry Jam

Hands-on 15 minutes Overall 1 hour

Nutritional values (per serving, 1 tbsp, 15 g/0.5 oz): Total carbs: 1.1 g, Fiber: 0.3 g,

Net carbs: 0.9 g, Protein: 0.2 g, Fat: 0 g, Calories: 5 kcal,

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



Ingredients (makes about 2 cups/ 480 ml)

- 450 g strawberries, fresh *or* frozen & thawed (1 lb)
- 2 tbsp [Erythritol](#) *or* [Swerve](#) (20 g/ 0.7 oz), *or* few drops of [liquid stevia](#) (*sweetener can be omitted, or add more sweetener to taste*)
- 1 tbsp fresh lemon *or* lime juice (15 ml)
- 1 1/2 tsp grass-fed [gelatin powder](#) (5 g/ 0.2 oz)
- 1 - 2 tbsp water

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Instructions

1. Place the gelatin to a small bowl. Add the water and mix, leave to bloom whilst you prepare the strawberries.
2. Place the strawberries in a blender and blitz until smooth.
3. Transfer to a muslin cloth and squeeze out the juice. If you prefer your jam a little chunky you can omit this step and use the whole mixture, otherwise, discard the pith (nutrition facts include the pith).
4. Place half of the strawberry juice in a sauce pan. Heat on a medium-low heat and add the bloomed gelatin. Stir until melted.
5. Remove from the heat and add the lemon juice, optional sweetener and rest of the strawberry juice. Stir.
6. Place in a jar and allow to cool. Once cool, transfer to the fridge for about 30 minutes or up to 1 hour to set. If you like more of a set jam, please use as is. If you prefer a softer jam, give the jam a really good stir until it loosens up and is smooth.
7. Store in an airtight glass jar in the fridge. When using straight from the fridge, allow to bring to room temperature to loosen up and giving it a big stir again.
8. This strawberry jam can be stored in fridge for up to 1 week.

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