

Sweetener-Free Raspberry Prosecco Jellies

Hands-on 15 minutes Overall 2 hours 30 minutes



Nutritional values (per jelly): Total carbs: 1.5 g, Fiber: 0.6 g, **Net carbs: 0.9 g**, Protein: 2.8 g,
Fat: 0.1 g, Calories: 23 kcal,

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

Ingredients (makes about 21 jellies)

6 tbsp grass-fed [collagen](#) (66 g/ 2.3 oz)

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

1 1/2 cups fresh raspberries, divided (185 g/ 6.5 oz)

2 tbsp fresh lime juice (30 ml)

210 ml dry Prosecco, Cava or Champagne (7 fl oz)

Optional: [low-carb sweetener](#), to taste

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Instructions

1. Place the gelatin in a bowl. Add the water and allow to bloom.
2. Meanwhile, set aside 21 whole raspberries and blitz the rest in a blender until smooth.
3. Place the pureed raspberries into a muslin cloth and squeeze out the juice. Discard the pith.
4. Heat 2/3 of the juice in a pan on a medium/ low heat. Add the bloomed gelatin and stir until it melts.
5. Remove from the heat and add the remaining raspberry puree and lime juice. (The reason you add a bit of the juice at the end and not all at the beginning is to make the jellies pink. If you add it all at the beginning the grass-fed gelatin gives it more of a brownish colour. The taste is the same though.)
6. Add the Prosecco. Allow to cool slightly (not so it sets) and skim off any white foam.
7. Place 1 whole raspberry in each silicone jelly mould. Top with your raspberry gelatin mix. Place in the fridge for at least 2 hours to set.
8. Once set, remove from the mould and enjoy.
9. Enjoy! Store in fridge for up to 2 weeks. Make sure to also try our [Easy Berry Infused Prosecco](#)

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