

Low Carb Berry Jam

I really like using frozen fruit for making jam because during harvest they always freeze the ripest fruit and send the less ripe varieties to the supermarket to ripen on the shelf and they never taste as sweet!

Ingredients

- 2 cups of strawberries or raspberries
- 1 tbsp of fresh lemon juice
- 2 tbsp of whole chia seeds
- 1- 3tbsp of erythritol (powdered is best)

Directions

1. Cook your berries of choice in a saucepan over medium heat until they begin to break down (about 5 minutes)
2. You can use a hand blender at this point to remove any lumps if you are making the jam for kids or you may prefer to leave it chunky if it's for yourself.
3. Once blended, stir in the lemon juice and sweetener, adding only 1 tbsp at a time and tasting each time, until desired sweetness has been achieved. The powdered erythritol tends to be sweeter than the granular kind so you may need less.
4. Once desired sweetness is obtained cook for a further 5 minutes before removing from heat and stirring through the chia seeds.
5. Allow to cool on the counter top where it will also thicken. Once cooled transfer to a clean dry jar (an old jam jar is perfect). Tighten the lid and store in the fridge for 1 week. You can also freeze any leftover jam to reduce waste.
6. Serve with some Greek yoghurt or homemade low carb bread.

