MO’s KETO RASPBERRY JAM

- 250g Raspberries
- 30g Sweetener – NATVIA or TRUVIA granules

You will also need ½ - 1 teaspoon of xanthan gum.

Place the raspberries (fresh or frozen) and sweetener in a small saucepan and stir until simmering.
Crush the fruit (a potato masher makes this easy).
Simmer for a few minutes, stirring all the time.
If you think it needs to be sweeter at this stage, you can add a few drops of liquid sweetener.
Gradually sprinkle in the xanthan gum, stir well and cook for a further 1 – 2 minutes. ½ teaspoon gives a softer set.
When cool, place in a container. This needs to be stored in the fridge.

Mo’s tip: If you use frozen fruit, defrost before you add the sweetener.

100g gives you 1.4g protein / 4.6g CHO

This recipe will need to be adapted to EACH INDIVIDUALS prescription. Please take this recipe to your dietitian and he / she will help you to do this.

PLEASE DO NOT ATTEMPT ANY TYPE OF KETOGENIC DIET WITHOUT MEDICAL SUPERVISION