KETO JAM

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

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

Put the raspberries (fresh or frozen), water 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 (1/2 teaspoon give a softer set), stir well and cook for a further 1 – 2 minutes.

When cool place in a sterile container.

Mo’s tip: This needs to be kept in the fridge.
If you use frozen fruit defrost before you add the sweetener.

100g jam gives: 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