



# Raspberry Chia Seed Jam - Sugar-Free

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Make low carb jam almost instantly by using chia seeds to jell the berries. It's fast, easy and delicious. No added sugar.

**Course** Breakfast

**Cuisine** Breakfast

**Keyword** chia seed jam, sugar free jam

**Prep Time** 5 minutes

**Cook Time** 10 minutes

**Chill Time** 2 hours

**Servings** 16 servings

**Calories** 13kcal

## Ingredients

- 8 oz frozen raspberries
- 2 tablespoon Swerve Sweetener
- 2 tablespoon water
- 2 tablespoon chia seeds

## Instructions

1. In a medium saucepan over medium heat, combine the berries, sweetener, and water. Bring to a boil and cook until berries are soft enough to mash with a fork. Mash to desired consistency.
2. Remove from heat and stir in chia seeds. Let cool. Transfer to a glass jar and refrigerate 2 to 3 hours to set.
3. Keep refrigerated. The jam will last up to a week.

## Nutrition

Serving: 1tablespoon | Calories: 13kcal | Carbohydrates: 2g | Protein: 0.6g | Fat: 0.6g | Fiber: 1g

By Carolyn Ketchum of All Day I Dream About Food