



Blueberry Jam

Have you made your own blueberry jam yet? You'll be amazed at how easy it is! Just a few simple ingredients and you've got yourself a processed sugar free, delicious Keto friendly jam! We put it on almond crackers, 90 Second Bread, and crepes!

Recipes:

Mix Together:

- 2 C Blueberries
- 2 T Lime Juice
- 2 T Swerve
- 2 Droppers Liquid Stevia
- 2 T Water
- 2 T Chia Seeds

Prepare:

- Mix Blueberries, Lime Juice, Water, Swerve, and Stevia on low heat for 10 min.
- Smash or blend blueberries (we smashed them with a fork).
- Remove from heat, stir in Chia Seeds.
- Refrigerate for 2+ hours in a glass container.



The Keto Dad Tips and Tricks:

- If you're using a sweetener with Stevia mixed in (like Pyure), use the conversion for $\frac{1}{4}$ C sweetener.
- You can use any type of berry! Blueberries, Raspberries, Strawberries, Blackberries, etc!
- Will stay in fridge for about 2 weeks.
- We store them in 8oz mason jars. They're great as gifts!

Makes 1 Cup, Serving size 2 Tablespoons

Calories: 39, Fat: 1g, Carbs: 7g, Fiber: 2g, (Net Carbs 5) Protein:1g

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