



Nutrition and  
Dietetics

# Low-Carb Berry Jam

Foto: Nadja Lenherr

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## Ingredients

600 g berries (strawberries, raspberries or other berries, preferably seasonal and regional)

6 sheets leaf gelatin (alternatively agar-agar)  
Natural sweetener to taste (honey, stevia)  
glass jars with lids

## Preparation

Prepare the jars and the lids by boiling them in hot water. Wash berries, heat in a saucepan and mash, continue to boil. Soak the sheets of gelatin in cold water for five minutes. Remove the pot from the heat, squeeze the gelatin and stir it into the hot fruit mixture. Pour into the hot boiled jars, close with lids and let cool. Store open jam jars in the refrigerator.

## Which Sugar Alternatives Are Available?

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