GLOBAL · SAUCE

Sugar-Free Chia Seed Jam with Frozen Berries

15 min · plus a few hours chilling Makes 12 × 3 tbsp (about 45 g) 38 kcal a portion

Video 5:48 · Yummy Inspirations

Vegan | Gluten-free ingredients | No nuts listed

Just berries and chia seeds sweetened with a stevia-erythritol blend, so no added sugar: a serve has about 3 g net carbs and 3 g of fibre, and the chia makes it rich in plant omega-3.

Diet notes: Low carb (3.3 g net carbs) but not keto: 33% of the energy is from fat, and keto meals get about 60% or more; Low saturated fat (0.1 g, 2% of the energy); DASH-friendly (0 mg sodium a serve).

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Ingredients 3 · MAKES 12 × 3 TBSP (ABOUT 45 G)

- [ ] 1 lb bag **frozen summer fruits** (redcurrants, blackcurrants, strawberries, blackberries, raspberries)
- [ ] 1/4 cup **granulated stevia-erythritol sweetener**, or to taste
- [ ] 1/4 cup **chia seeds**

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: none. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Tip the frozen berries into a saucepan over medium heat, with no water. Warm slowly, stirring often, as they thaw and release their juice, and mash the softer fruit with a spoon as it gives. 0:58
2. Once it is bubbling and the bigger strawberries and raspberries have softened, use a potato masher on them. Take off the heat and mash until as chunky or smooth as you like. 2:30
3. Stir in the sweetener, taste, and add more if you want it sweeter. 3:16
4. Stir in the chia seeds until they are evenly spread through the fruit. 3:38
5. Leave to cool to room temperature; the chia seeds swell and thicken it. 3:52
6. Spoon into clean jars and chill for a few hours, where it sets into a thick jam. Keep in the fridge and eat within a week. 4:33

> **Tip** The cook uses 1/4–1/2 cup sweetener to taste. Blend it after cooling if you want it smooth. Freeze portions and thaw overnight in the fridge. Stir into yoghurt or spread on low-carb pancakes.

The method is a summary in our words — the video shows every step.

One portion, 3 tbsp (about 45 g), gives you 1 OF 12 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
38 kcal 160 kJ	1 g 2% of a day	6.1 g 3.3 g net · 2.7 g sugars 2% of a day	2.8 g 10% of a day	1.4 g 0.1 g saturated 2% of a day	0 mg 0% of a day

Energy from net carbs 45% · protein 13% · fat 42%

High in (20%+ of a day) Omega-3 47%

Source of (10–19%) Vitamin C 12%

Recipe and video: Yummy Inspirations (@YummyInspirations) on YouTube — youtube.com/watch?v=ABH49OrBoks, published 13 May 2019. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/sugar-free-mixed-berry-chia-jam