

# Şekersiz Karmız Meyve Reçeli

Sugar-free red berry jam with chia seeds - a healthy, low-carb breakfast spread perfect for keto diets. Ready in 50 minutes with natural sweetness.

15 min

HAZIRLIK

35 min

PIRME

50 min

TOPLAM

4

PORSİYON

Medium

ZORLUK

Şekersiz Karmız Meyve Reçeli

## Malzemeler

- 1.5 cup raspberry
- 1 cup blackberry
- 1 cup strawberry
- 1 cup blueberries
- 0.5 cup water
- 0.5 cup chia

## Yapılışı

- Prepare the berries**

Wash 1.5 cups strawberries, 1 cup blueberries, 1 cup raspberries, and 1 cup blackberries thoroughly under cold running water. Remove stems, leaves, and any damaged portions from all fruit.
- Cook the jam**

Combine all prepared berries with 0.5 cups water in a large heavy-bottomed saucepan. Bring to a rolling boil over medium-high heat, stirring frequently to prevent sticking.
- Reduce heat to medium-low and simmer for 15-20 minutes, stirring every 3-4 minutes. Mash berries with a wooden spoon or potato masher as they soften to break them down into chunky pieces.**
- Continue cooking for 10-15 minutes more, stirring frequently, until mixture reduces by half and coats the back of a spoon without dripping off immediately.**
- Add chia seeds**

Stir in 0.5 cups chia seeds and mix thoroughly for 30 seconds to distribute evenly throughout the jam and prevent clumping.
- Cook for exactly 3 minutes more, stirring constantly, until chia seeds begin to swell and the jam thickens noticeably.**
- Cool and store**

Remove from heat and let cool completely at room temperature for 45-60 minutes, stirring occasionally to prevent a skin from forming on top.
- Transfer to clean jars and refrigerate for at least 2 hours before serving to allow chia seeds to fully hydrate and thicken the jam to spreadable consistency.**

## ?puçlar?

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Select berries at peak ripeness for maximum natural sweetness and best flavor development in your sugar-free jam.

Taste your berry mixture before adding chia seeds to determine if you need natural sweeteners like stevia or monk fruit.

Stir the jam frequently during cooking to prevent sticking and ensure even heat distribution throughout.

The jam will thicken significantly as it cools, so don't overcook trying to achieve the final consistency while hot.

Sterilize your storage jars with boiling water to extend the jam's shelf life and prevent contamination.

Allow chia seeds to fully hydrate for at least 3 minutes before removing from heat for optimal thickening.

Test the jam's consistency by placing a small amount on a chilled plate - it should hold its shape when cool.

Store in small jars rather than one large container to minimize air exposure each time you use the jam.