

Sugar Free Red Berry Jam

Easy sugar-free red berry jam recipe with chia seeds. Perfect for low-carb diets and healthy breakfast spreads.

Ready in 50 minutes!

15 min

PREP

35 min

COOK

50 min

TOTAL

4

SERVINGS

Medium

DIFFICULTY

Ingredients

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

Instructions

1 Prepare the Berries

Rinse 4 cups of mixed red berries under cold running water. Remove any stems, leaves, or damaged berries. Pat completely dry with paper towels.

2 Start the Jam Base

Combine the prepared berries and 1/2 cup water in a heavy-bottomed saucepan. Place over medium heat and bring to a rolling boil, stirring frequently to prevent sticking, about 5-7 minutes.

3 Reduce heat to medium-low and simmer uncovered for 25-30 minutes, stirring every 5 minutes. The berries should break down completely and the mixture should reduce by half, becoming thick and jammy.

4 Add Chia Seeds

Stir in 1/2 cup chia seeds, mixing thoroughly to distribute evenly throughout the jam. Continue cooking for 3-5 minutes, stirring constantly to prevent the seeds from clumping.

5 Test for Consistency

Drop a small spoonful of jam onto a chilled plate. If it holds its shape and doesn't run when tilted, the jam is

ready. If too thin, cook 2-3 minutes more.

6 **Cool and Store**

Remove from heat and let cool at room temperature for 30 minutes. The jam will thicken further as it cools. Transfer to clean glass jars and refrigerate for up to 2 weeks or freeze for up to 3 months.

Tips

Use a mix of fresh and slightly overripe berries for the best balance of texture and natural sweetness.

Don't skip the frequent stirring during cooking to prevent the jam from sticking to the bottom of the pan.

Test the consistency by placing a small plate in the freezer, then dropping a spoonful of jam on it - if it wrinkles when pushed with your finger, it's ready.

Allow chia seeds to fully hydrate by letting the jam rest for 5 minutes after cooking before transferring to jars.

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

If you prefer a smoother texture, use an immersion blender to puree the jam to your desired consistency.

Taste the jam while it's warm and adjust sweetness if desired - natural flavors will be more concentrated once cooled.

Leave about $\frac{1}{4}$ inch of headspace in jars if freezing to allow for expansion.