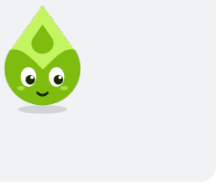
Dinner

Chunky Raspberry Jelly Spread

Whole frozen raspberries are folded through a sweetened jelly base, leaving berry pieces scattered through a bright red spread that firms up in the fridge.

10 min	12	1 g	0.7 g
time	calories	carbs	sugars



Nut free

Ingredients, 10 servings

- [ ] 200 ml water
- [ ] 1 sachet sugar-free raspberry jelly crystals
- [ ] 3 tsp granulated sweetener
- [ ] 150 g frozen raspberries

Method

- [ ] **1** Pour 200ml water into a jug and stir in 1 sachet sugar-free raspberry jelly crystals until dissolved.
- [ ] **2** Add 3 tsp granulated sweetener and stir until mixed in.
- [ ] **3** Tip in half the frozen raspberries and gently mash them with a fork to break them up.
- [ ] **4** Stir in the remaining frozen raspberries.
- [ ] **5** Spoon into a jar or airtight container and chill in the fridge until set.
- [ ] **6** Store in the fridge and use within 5 days.

Nutrition Facts

Per serving

Calories	**12**
Total fat	0 g
Saturated fat	0 g
Sodium	Not listed
Total carbs	1 g
Fiber	0.5 g
Total sugars	0.7 g
Protein	1.5 g

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