

Easy Stevia Low-Calorie Jam

Fruit of your choice strawberries, raspberries, plums, apricots

Water

Stevia leaves

2 teaspoons gelatine powder for every 3 cups of stewed fruit this should be softened with 4 teaspoons of cold water while fruit is stewing and then dissolved in 4 teaspoons of boiling water before adding to stewed fruit.

Stew the fruit of your choice. Fill pot with water to just cover fruit. Simmer on low heat until fruit is soft and tender. For every 3 cups of stewed fruit add 5 teaspoons of fresh or dried chopped Stevia leaves. When fruit is stewed dissolve gelatine and add it to stew mix stirring in well. Bottle into clean jars while hot. Store jam in fridge or freezer.

Great sweet taste without the adverse effects of sugar. Stevia leaves can be used as a healthy alternative to sweeten cakes, tea and coffee.

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