

Healthy Keto Mulled Wine Berry Jam

Description

Amazing jam. Everyone loves it.

Prep time: Twenty minutes

Total time: One hour

Servings: One large jar (2lb)

Ingredients

1 1/2 cups of dry red wine (12 Fl oz)

1/8 teaspoon of nutmeg

2 cloves

2 allspice

2 cardamom pods

1-star anise

1 fresh cinnamon stick

1 vanilla bean, split

2 slices of ginger

A peel from 1/2 organic orange

4 cups of frozen berries (1.3 lb.) - I used a mixture of raspberries, blackberries, cherries, and blueberries

1/4 cup of chia seeds (1.3 oz)



Instructions

1. First, pour the wine into a saucepan, then add in the cloves, nutmeg, allspice, star anise, cardamom, vanilla bean, and cinnamon stick, orange peel, and ginger slices.
2. Place the saucepan overheat and cook uncovered over medium-low heat until it simmers, about fifteen minutes. Remove from the heat and cover. Set aside the mixture for about thirty minutes to infuse.
3. Strain the mixture into another saucepan and place overheat. Add in the berries and cook over medium heat until it boils, about fifteen minutes.
4. Decrease the heat and let it simmer for about three minutes. Take down from the heat source and pour in the chia seeds. Stir and set aside for about thirty minutes.
5. Pour into a jar, seal, and transfer to a refrigerator.