

## Keto Pickled Blueberries

### Description

*These are amazing and tasty.*

**Prep time:** Twenty minutes

**Total time:** Thirty minutes

**Servings:** 4

### Ingredients

- 1.1lb. of fresh blueberries
- 1 1/2 cups of apple cider vinegar (12 Fl oz)
- 2 cinnamon sticks or 1/2 teaspoon of ground cinnamon
- 1 teaspoon of whole allspice
- 3 pieces of star anise
- 1/2 teaspoon of whole cloves
- 1/4 teaspoon of sea salt

### Instructions

1. Wash and rinse the blueberries and set aside. Pour the spices and apple cider vinegar into a saucepan and place over medium heat. Let it cook for about fifteen minutes, then remove the star anise and cinnamon sticks and place at a side.
2. Pour the blueberries into the vinegar and stir. Remove from the heat source and set aside for five minutes. Transfer the blueberries into jars and add in some cloves.
3. Next add in one cinnamon stick into each jar and then cover the blueberries with the pickling liquid while still hot. Cover the jars with a lid immediately.
4. They can be consumed immediately but they are best when left for two weeks. Storage: six weeks unopened and four weeks in the refrigerator when opened.