**Sweetener-Free Raspberry Prosecco Jellies**

These raspberry and lime Prosecco jellies are perfect for the party season. A super fun and healthy sugar-free and sweetener-free treat to serve with a glass of bubbly. The fresh raspberries and Prosecco gives them plenty of sweetness without needing to add sweetener. I used grass-fed gelatin which helps support your gut health.

If you love the sound of these low-carb jellies and are a Prosecco fan, you have to try our Easy Berry Infused Prosecco … so pretty!

They are perfect for any special occasion including Christmas and New Year's celebrations, Valentine'd Day, Mother's Day and birthdays.

**Ingredients (makes about 21 jellies)**

* 6 tbsp grass-fed collagen (66 g/ 2.3 oz)
* 3/4 cup cold water (180 ml/ 6 fl oz)
* 1 1/2 cups fresh raspberries, divided (185 g/ 6.5 oz)
* 2 tbsp fresh lime juice (30 ml)
* 210 ml dry Prosecco, Cava or Champagne (7 fl oz)
* *Optional:* low-carb sweetener, to taste

**Instructions**

* Place the gelatin in a bowl. Add the water and allow to bloom.  
  
* Meanwhile, set aside 21 whole raspberries and blitz the rest in a blender until smooth.
* Place the pureed raspberries into a muslin cloth and squeeze out the juice. Discard the pith.
* Heat 2/3 of the juice in a pan on a medium/ low heat. Add the bloomed gelatin and stir until it melts.
* Remove from the heat and add the remaining raspberry puree and lime juice. (The reason you add a bit of the juice at the end and not all at the beginning is to make the jellies pink. If you add it all at the beginning the grass-fed gelatin gives it more of a browny colour. The taste is the same though.)
* Add the Prosecco. Allow to cool slightly (not so it sets) and skim off any white foam.  
  
* Place 1 whole raspberry in each silicone jelly mould. Top with your raspberry gelatin mix. Place in the fridge for at least 2 hours to set.
* Once set, remove from the mould and enjoy.  
  
* Enjoy! Store in fridge for up to 2 weeks.
* Make sure to also try our Easy Berry Infused Prosecco

**Ingredient nutritional breakdown (per jelly)**

|  |  |  |  |
| --- | --- | --- | --- |
| **Net carbs** | **Protein** | **Fat** | **Calories** |
| Gelatin powder, thickening agent, unsweetened | | | |
| 0 g | 2.7 g | 0 g | 11 kcal |
| [Water, still](https://ketodietapp.com/data/ingredient/173) | | | |
| 0 g | 0 g | 0 g | 0 kcal |
| [Raspberries, fresh](https://ketodietapp.com/data/ingredient/23) | | | |
| 0.5 g | 0.1 g | 0.1 g | 5 kcal |
| [Lime juice, fresh](https://ketodietapp.com/data/ingredient/659) | | | |
| 0.1 g | 0 g | 0 g | 0 kcal |
| Prosecco, sparkling wine, dry | | | |
| 0.3 g | 0 g | 0 g | 7 kcal |
| Total per jelly | | | |
| 0.9 g | 2.8 g | 0.1 g | 23 kcal |