

Strawberry Chia Jam

🛒 3 ingredients ⌚ 20 minutes 🍴 8 servings

Directions

1. Trim the stems from the strawberries and cut in half. Place strawberries, honey and chia seeds in a blender or food processor and pulse until it reaches your preferred jam-consistency.
2. Transfer jam into a saucepan and place on the stove over medium heat. Stir until it begins to bubble. Reduce heat to low and let simmer for 10 to 15 minutes or until jam begins to thicken.
3. Remove from heat and pour into a mason jar. Let cool and then store in the fridge for up to 7 days. Freeze if using down the road. Enjoy!

Notes

- Get Creative** Try different combinations like strawberry-rhubarb or strawberry-peach!
- Storage Tip** If freezing, be sure to leave at least 1 inch of space at the top of the jar to leave room for expansion. Otherwise the jar may shatter.
- Vegan** Use maple syrup to sweeten instead of honey.
- Save some calories!** I find this so delicious, I don't even need the honey! Try it without to save yourself a few calories if trying to slim down.
- About Chia** Just one tablespoon contains over 4 grams of fibre, 2 grams of protein and several minerals. The seeds soak up, or coagulate to become a thicken gel-like substance, making it a perfect (and healthy) thickener for dessert dishes in particular, unlike the guar gum and carrageenan often used in commercial products.

Ingredients

- **2 cups** Strawberries
- **1 tbsp** Raw Honey
- **2 tbsps** Chia Seeds

35 Calories

Per Serving

% Daily Value

Fat 1g

2%

Carbs 6g

2%

Protein 1g

2%

0% 25% 50% 75% 100%