

Mixed Berry Chia Seed Jam



6 servings



15 mins prep | 20 mins total time

Per serving:

66 calories

13g carbs

4 g fiber

1.6 g fat

1 g protein

Ingredients

- 1 cup raspberries, fresh or frozen
- 1 cup blueberries, fresh or frozen
- 2 Tbs of fresh lemon juice
- 2 Tbs maple syrup
- 2 Tbs chia seeds

Directions

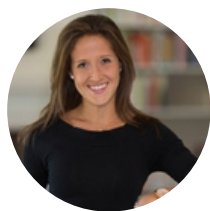
Prep

1. Wash berries if using fresh.

Make

1. Add berries to the saucepan with lemon juice and simmer over medium heat until the fruit breaks down. Mash with a fork to break apart and create a smoother jam.
2. Remove from heat and stir in maple syrup and chia seeds.
3. Let stand for 10 minutes to thicken. If you want a thicker consistency, stir in more seeds a teaspoon at a time.
4. Transfer to a jar to cool.
5. Store in refrigerator for up to two weeks.

Note: Delicious on toast, as a topper for your favorite yogurt, or as a quick, sweet bite!



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