

CHIA SEED JAM

Chia seed jam is a must healthier, low sugar or no sugar, jam that you can substitute in any place you use jam. It's easy to make you will feel great knowing you are now enjoying a superfood rather than a sugar filled jam!



- 3 cups frozen fruit
 - 3 tablespoons pure maple syrup, if using, adjust to taste
 - 2 tablespoons chia seeds
 - 1 teaspoon pure vanilla extract
1. In a medium pot, stir together the frozen fruit and maple syrup to combine. Bring to a simmer over medium-high heat, then reduce the heat to medium-low and gently simmer, uncovered, stirring frequently, for 5-8 minutes, or until fruit is thawed and fork tender.
 2. Transfer the fruit to a food processor or blender and process until mostly smooth.
 3. Spoon the fruit mixture back into the pot and stir in the chia seeds until combined. Gently simmer over medium-low, stirring frequently, for 4-5 minutes, until the jam has thickened slightly. Remove from heat and stir in vanilla.
 4. Transfer to a jar and let cool, uncovered, in the fridge, then use as desired or secure the lid and store. For faster cooling transfer the jam to the freezer for 30-60 minutes or until cold, then transfer to the fridge.