

Chia Seed Jam Recipe

This jam always gets rave reviews. It tastes great and is super easy to make. It's packed with fiber and very low in sugar. Add a spoonful on plain Greek yogurt! Impressive!

Adapted from Angela Liddon's original recipe in *The Oh She Glows Cookbook: Vegan Recipes to Glow from the Inside Out* Publisher: Penguin Canada Books Inc., Toronto, ON (2014)

Ingredients:

3 cups/750ml fresh or frozen raspberries, blackberries, blueberries or strawberries*
3 tbsp/45ml pure maple syrup
2 tbsp/30ml chia seeds
1 tsp/5ml pure vanilla extract

*Process hulled strawberries in a food processor first. They don't break down as quickly as the other berries.

Method:

1. In a medium saucepan, combine the berries and maple syrup. Bring to a simmer over medium-high heat. Stir frequently.
2. Reduce to low heat. Simmer for 5 minutes. Lightly mash the berries with a fork. Leave some whole for texture.
3. Stir in the chia seeds until thoroughly combined. Cook, stirring frequently. Mixture will thicken in about 15 minutes.
4. When jam is thick, remove pan from heat. Stir in vanilla.
5. Keep in airtight container in fridge for 1-2 weeks. Jam will thicken up more as it cools.