

## SIMPLE CHIA SEED JAM RECIPE

### INGREDIENTS

Thawed Frozen Berries	1 cup
Chia Seeds	1 Tbsp
Honey or Maple Syrup or White Sugar	1 Tbsp
Vanilla Extract (optional)	¼

### INSTRUCTIONS:

- 1) Place frozen berries in a glass, microwave safe bowl and microwave on high for about 2 minutes or until berries are slightly warm.
- 2) Using a fork, mash the berries until a smooth texture is formed.
- 3) Measure and mix in the chia seeds, vanilla extract, and sweetener of choice (honey or maple syrup) until well combined.
- 4) Pour mixture into a glass container with an air-tight lid and place in the fridge. The jam will need to set for at least 1 hour, or for best results, let set overnight.
- 5) Serve over oats, pancakes, crepes, or on toast!

*Recipe adapted from: Nature's Nurture*

Courtesy of Healthy Start, Winnipeg Tel: 204-949-5350 Website: [www.hsmm.ca](http://www.hsmm.ca)

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