


Strawberry Chia Jam

#snack #vegetarian #dessert #breakfast #eggfree #nutfree #glutenfree #dairyfree #nightshade-free

 3 ingredients  20 minutes  6 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.

Ingredients

- **1 1/2 cups** Strawberries
- **2 1/4 tsp** Raw Honey
- **1 1/2 tbsps** Chia Seeds

35 Calories

Per Serving

Fat 1g
Carbs 6g
Fiber 2g
Sugar 4g
Protein 1g

% Daily Value

