

Smooth Triple Berry Chia Jam

7 ingredients · 20 minutes · 16 servings



Directions

1. Add the berries, water, vanilla and cinnamon, if using, to a pot over medium heat. Bring to a simmer and continue to cook until the berries are tender and the mixture is juicy, about 10 minutes.
2. Remove the cooked berries from the heat and stir in the chia seeds. Let cool slightly.
3. Transfer the mixture to a blender and blend until smooth, about a minute. If the jam is too thick, add a tablespoon of water a time until desired consistency is reached.
4. Let it cool completely then transfer to an airtight jar or container and refrigerate until ready to use. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to seven days or freeze for up to two months.

Serving Size

One serving is approximately 2 tablespoons.

Like it Sweet

Add maple syrup, honey, stevia or monk fruit sweetener to taste.

No Frozen Berries

Use fresh berries instead.

How to Use

Spread on toast, muffins, rice cakes or crackers. Use as a topping for oats, or in any recipe that calls for jam.

Ingredients

- 221 grams** Frozen Strawberries
- 140 grams** Frozen Raspberries
- 155 grams** Frozen Blueberries
- 119 milliliters** Water
- 2 milliliters** Vanilla Extract
- 650 milligrams** Cinnamon (optional)
- 36 grams** Chia Seeds

Nutrition

Amount per serving

Fat	1g	Vitamin C	7mg
Carbs	5g	Iron	0mg
Fiber	2g	Folate	5µg
Sugar	2g	Vitamin B12	0µg
Protein	1g	Magnesium	11mg
Vitamin A	17IU		

