



About 1 Cup

Simple | Healthy | Delicious

Chia Seed Jam

INGREDIENTS

3 Cups frozen raspberries
¼ Cup pure maple syrup, or to taste
2 Tbsp. Nature's Earthly Choice Chia Seeds
1 tsp pure vanilla extract



DIRECTIONS:

1. Add frozen raspberries and maple syrup into a medium pot and bring to a simmer. After 5 minutes or so, stir in the chia seeds. Continue to cook down the mixture for about 15 minutes, or until thickened. Remove from heat and stir in vanilla. Chill in the fridge for a couple hours to thicken it up even more.