

Lemon Blueberry Chia Jam

4 ingredients · 25 minutes · 12 servings



Directions

1. Add the blueberries, lemon juice and maple syrup to a small saucepan over medium-low heat. When the blueberries begin to release their juices, let the mixture simmer for about 15 minutes. The blueberries will start to break down.
2. Stir in the chia seeds and continue to simmer for about 5 minutes more until the blueberry mixture starts to thicken.
3. Remove from the heat and let it cool. The jam will continue to thicken as it cools. Enjoy!

Notes

Leftovers

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

More Flavor

Add vanilla extract.

No Blueberries

Use strawberries or raspberries instead.

No Maple Syrup

Use honey instead. Or substitute stevia or monk fruit sweetener to taste.

How to Use

Spread on toast, muffins, rice cakes or crackers. Use on top of oats, or in any recipe that calls for jam.

Ingredients

1 1/2 cups Frozen Blueberries

3 tbsps Lemon Juice

2 tbsps Maple Syrup

1 tbsp Chia Seeds