

Berry Chia Jam



GF

This recipe is so versatile. I use it in so many ways.

How we'll use it this week

- Healthy Snack Option

Ingredients

- 2 cups of frozen berries, defrosted
- 2 tablespoons rice malt syrup
- 1 tablespoon maple syrup
- 2 tablespoons chia seeds

Directions

1. Smash berries up a bit in a food processor, leaving it chunky.
2. Put smashed berries, rice malt syrup and maple syrup in a saucepan and cook on low to medium heat. Bring to the boil. Reduce to low heat and simmer for 5 minutes until liquid is almost gone.
3. Add chia seeds and stir until mixed in.
4. Simmer for 10 minutes or until desired thickness is achieved. Stir frequently so it doesn't stick to bottom of saucepan.
5. Pour into sterilised jar and turn upside down to seal.



Freezing / Storing Instructions

Not suitable for freezing.

Another 2 ways to use this recipe

- Stir through natural yoghurt to make it flavoured
- Put spoonfuls on top of a biscuit dough to make jam drops