

10-Minute Chia Seed Jam

Adapted from Gimme Some Oven

Makes 1 cup

Ingredients

2 cups fresh or frozen fruit (see note below)

2 tablespoons chia seeds

1 tablespoon lemon juice (optional)

1 tablespoon maple syrup (optional)



Photo credit: Choosing Chia website

Instructions

If needed, remove pits from fruit and cut large fruit, like peaches, into smaller pieces.

Place fruit in a medium pot. Cook over medium heat, stirring occasionally, until the fruit begins to break down and bubble, about 5-10 minutes. As it cooks, use a fork or potato masher to mash the fruit to your desired consistency.

Stir in chia seeds until combined. Then taste and stir in lemon juice and maple syrup (if using).

Remove from heat and let cool for 5 minutes. The jam will thicken considerably as it cools. Give the jam one final good stir. Serve immediately or transfer to a sealed container and refrigerate for up to 1 week or freeze for up to 3 months.

Note:

Fruits that work well in chia seed jam: berries (such as strawberries, blackberries, blueberries, raspberries, and marionberries), cherries, peaches, apricots, plums, pineapples, and kiwis... basically any "juicy" fruits.