



# CHIA JAM

## INGREDIENTS

- 1 cup berries
- ½ cup orange juice
- 1 tbs Chia seeds
- 1 tsp vanilla
- 2 tsp maple syrup (optional)

## DIRECTIONS

1. Thaw your berries overnight in the fridge before using. While you can use frozen berries without thawing, you'll need to give them some extra time in the blender to break down.
2. Add them to a blender or food processor and pulse a few times to break up. I like my jam to be fairly chunky, so I leave lots of whole berry pieces in. If you want a smoother chia jam, then pulse it more to break up the berries.
3. Add to a bowl along with the orange juice, chia seeds, vanilla and stir to combine. I find that this jam is perfectly sweet with just the orange juice, but feel free to add in maple syrup if you prefer a sweeter jam.
4. Place in the fridge for 15 minutes to just set, then stir and place back in the fridge for 2-3 hours, or until gelled. That's it! Enjoy on everything.

