Homemade Method™

Simple Chia Jam with Any Fruit



Chia jams have become all the rage and for good reason! These jams are packed with protein and fiber, they can be made from almost any fruit, and will set up and thicken without any sugar. These magical seeds will help you turn any extra fruit on hand into a low-sugar, delicious preserve you can use in recipes or as a condiment.

This jam also comes together in just minutes, and can be customized to fit all your taste and nutritional preferences. Thanks to the gel-like consistency of the soaked chia seeds, this jam can also help stave off hunger and slow down digestion, making it a great option for breakfast time!

Yield: 3-4 cups

Ingredients	
Chopped fresh fruit, your choice!	4 cups
Lemon Juice, freshly squeezed	3-4 Tbsp
Honey, agave, or maple syrup	2-4 Tbsp
Chia seeds	¼ cup, more if needed

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Instructions:

1. Prepare your fruit as needed, removing any stems, cores, brown spots, or inedible skins; then chop into large pieces. You can also blend your fruit if you would like a smoother jam.
2. Transfer your fruit to a heavy bottomed saucepan and cook over a medium flame until it begins to break down, about 5-10 minutes. You can help this along by mashing with a spoon or fork.
3. Stir in 1 Tbsp each of lemon juice and sweetner, taste and adjust with both as needed.
4. Add your chia seeds and stir to combine, then let rest 5 minutes until thickened. You can always add more seeds 1 Tbsp at a time if the jam is too thin.
5. Once the jam has cooled, transfer to an airtight container to store.

Recipe Notes:

-Try adding extras to your jam like citrus zest, vanilla extract, fresh herbs, or warming spices.
-Other fun ways to switch up the jam is by using a different citrus juice like lime, orange, grapefruit, pomegranate, or cranberry.
-Chia jam is not safe for canning, but it can be stored in an airtight container in the fridge for up to 2 weeks, or in the freezer for up to a year.