







Mixed Berry Chia Jam:

- 14oz fresh or frozen (and defrosted) berries of choice
- 1.5 tbsp coconut sugar
- 1 heaping tbsp date paste or 2 dates
- 1/2 tbsp lemon juice
- 3 tbsp chia seeds

1. Blend the defrosted or fresh berries in a food processor blender with the coconut sugar and dates/date paste until it is slightly chunky but mostly puréed.
2. In a jar combine all ingredients and stir until completely combined.
3. Let the jam jar sit in your fridge for at least an hour before using so it can thicken up.
This goes great with smoothie bowls, Nice Cream, oatmeal, overnight oats, as a snack, a dip, or, of course, with toast!