

## Strawberry or Cherry Chia Jam

GF, V, Paleo, Grain Free

*Chia seeds are a versatile food that allows an otherwise sugar laden jam to be made sugarless. Just make sure you use in season fruits as they are nutrient dense, aromatic and very sweet when in season.*

Ingredients		
Strawberries* fresh, diced	2 Cups	15 oz.
Lemon juice, fresh	1 TBP.	
Chia gel binder	¼ Cup	2.1 oz.
Stevia, to taste	½ tsp.	
Salt, Celtic	1 Pinch	

*\*Replace with fresh cherries for cherry jam.*

### Method:

In a small pan place the washed, diced strawberries, lemon juice, pinch salt and chia gel binder. Cook on medium to low heat until the fruit has sweat and comes to a boil. You may need to stir the jam few times to prevent sticking or scorching. Once it comes to a boil turn heat off, but leave jam on the stove, covered and allow it to cook for an extra 2 minutes. Remove from

the stove and add ½ tsp. of stevia. Stir well and place in clean glass jars. Store in refrigerator or for longer shelf life freeze jam in freezable containers.

*Strawberry Chia Jam*



*Cherry Chia Jam*

