



STRAWBERRY CHIA SEED JAM

Chia seeds have a mild flavor and can easily be added to many foods you already enjoy. Try adding whole or ground chia seeds to smoothies, juices, milk, yogurt, oatmeal, pancakes or a granola bar recipe. Try them sprinkled on salads or cereal, baked into muffins or breads, or made into chia seed jam using the recipe below.

Ingredients

1/2 cup fresh or frozen (thawed) strawberries
1 tablespoon chia seeds



Directions

1. Place strawberries in a medium sized bowl. Use a fork or potato masher to break the berries apart and smash into a smooth paste.
2. If you would like a smoother jam with less chunks place berries in a food processor or use an immersion blender to puree berries until smooth.
3. Add chia seeds, stir to combine.
4. Let sit at room temperature for 5 minutes, mixture should be thick like jam. If mixture is not thick enough add more chia seeds 1/2 teaspoon at a time, allow time to thicken between each addition.
5. Keep refrigerated and use within 2-3 days.
6. Recipe can easily be doubled or tripled.
7. Try with other berries or fruit like raspberries or peaches.

Nutrition: Chia seeds are an excellent source of fiber, which can improve heart health, reduce cholesterol levels and promote intestinal health. Fiber takes longer to digest and makes you feel satisfied longer, which is how it can help with weight loss and decrease your risk of developing diabetes or heart disease.

Source: <https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/chia-seeds-pack-nutritional-punch>



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