

RASBERRY CHIA JAM

KEEPS FOR 1-2 WEEKS

SERVE WITH: pancakes, nut butter +
toast, granola and yogurt, Overnight
Oats and pb+J for the kids



NUT BUTTER
& TOAST



OVERNIGHT
OATS

INGREDIENTS:

2 C fresh raspberries (or strawberries,
blueberries, peaches, pineapple, etc)
2 TBSP chia seeds
1 TBSP lemon juice
1 TBSP maple syrup

DIRECTIONS:

1. Heat fruit in a saucepan over medium heat, stirring occasionally.
2. Once fruit is heated through (begins to break down and bubble), use a spoon to mash fruit to desired consistency.
3. Add in chia seeds and lemon juice, stir until combined.
4. Add in maple syrup, mix and remove from heat. Let cool for at least 5 minutes.
5. Stir the jam again before transferring to a sealed container.



GRANOLA &
YOGURT

