



Homemade Raspberry Jam

HOMEMADE JAM HAS MUCH LESS SUGAR THAN COMMERCIAL VARIETIES & THE CHIA SEEDS IN THIS RECIPE HELP SUPPORT HEALTHY DIGESTIVE FUNCTION

Makes 1 ½ cups

Ingredients

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2 ½ cups frozen raspberries
2 tablespoons honey or maple syrup
zest and juice of
½ lemon
2 tablespoons chia seeds

Method

If you have a dehydrator simply place all the ingredients inside and leave for 6-8 hours to create a raw enzyme filled jam

OR

1. Heat in a small saucepan over medium heat. Add the raspberries, honey, lemon juice, and zest and cook for 5-8 minutes. The berries should all have thawed out and the sauce should be starting to thicken.
2. Remove the saucepan from the heat and stir in the chia seeds. Stir well to combine and return to the heat, cooking for about 2-3 more minutes, until thickened.
3. You can use it as a spread, stir into your coconut yoghurt or use as a cake topping

It will store in a jar for about a week