

Recipe Card



Magical Blueberry Vanilla Chia Seed Jam

Yield 1 cup

Ingredients:

- 3 cups fresh blueberries
- 3-4 tbsp pure maple syrup, to taste (or other liquid sweetener)
- 2 tbsp chia seeds
- 1/2 tsp pure vanilla extract

Directions:

1. In a medium-sized non-stick pot, bring the blueberries and 3 tbsp of maple syrup to a low boil. Stir frequently, and reduce heat to low-medium to simmer for about 5 minutes. Lightly mash the blueberries with a potato masher or fork, leaving some for texture.
2. Stir in the chia seeds until thoroughly combined and cook the mixture down until it thickens to your desired consistency, or about 15 minutes. Stir frequently so it doesn't stick to the pot.
3. Once the jam is thick, remove from heat and stir in the vanilla extract. Add more maple syrup to taste if desired.
4. Enjoy on toast, English muffins, oatmeal, vegan overnight oats, oat bars, tarts, cookies, banana soft serve, smoothies, and more.
5. The jam should keep for at least a week in an air-tight container in the fridge.