

CreakyKitchen

Cooking tips for the chronic disease community



RECIPE

BERRY CHIA JAM

INGREDIENTS

½ Cup frozen berries or berries about to go bad (washed)

2 Tablespoons chia seeds

1 Teaspoon vanilla extract

½ Tablespoon pure maple syrup (optional)

½ Teaspoon cinnamon, powder

1 Teaspoon Hemp Hearts (to sprinkle on toast)

Banana slices (optional)

EQUIPMENT

Small Sauce Pan

DIRECTIONS

1. Heat a small saucepan over medium heat.
2. Pour berries into the pan and let them defrost and release water.
3. Mash the berries with a fork or a potato masher (arthritis-friendly).
4. Turn heat down to low to prevent the berries from burning.
5. Once the berries are mashed, add chia seeds and mix into the berries.
6. Allow the chia seeds to thicken up with the berry liquid.
7. Add in maple syrup, vanilla and cinnamon.
8. Mix thoroughly & enjoy!