



Ashley's Meal Prep Monday!



That's My Jam! Blueberry Chia Jam

INGREDIENTS

2 cups blueberries, fresh or frozen

2 TBSP chia seeds

1 TBSP maple syrup or agave

Squeeze of lemon juice

Splash of vanilla

If you want it a little sweeter, add in a TSP of monk fruit

In a small pot, add the blueberries and turn on the stove to med-high heat. Once the fruit starts to break up and release some of their juice, use a masher or wooden spoon to mash the berries to a saucy consistency.

Once broken down to a puree, remove from heat and add maple syrup, chia seeds, lemon juice and vanilla. Stir and let it completely cool down. For best results, transfer to the fridge to allow to cool for at least 4 hours.

Store in an air-tight container for up to a week in the fridge. Can also be frozen for up to 3 months. The jam will thicken more as it rest longer. Enjoy!!



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