



Ashley's Meal Prep Monday!



No Sugar Chia Jam

INGREDIENTS

1 cup of blackberries,
raspberries, or
blueberries, etc
1 peach, peeled, pitted
and diced
1-2 TBSP honey or
pure maple syrup
2 TBSP chia seeds
Optional: 1 TSP lemon
or lime juice and/or
zest of lemon or lime

In a small saucepan, over medium heat, combine the fruit - I used 1 cup of blueberries and one cup of raspberries. - Also add the lemon/lime juice/zest if using.

As the mix begins to boil, mash the fruit with the back of a fork until it breaks down. This should take about 5 minutes, give or take, depending on the fruit you're using. Remove the pan from the heat and stir in the honey or syrup. Taste, and add more sweetener of choice to your liking.

Add the chia seeds and stir to incorporate. Let the jam set for about 5 minutes to thicken. Cool and transfer to a jar. It should keep for roughly 2 weeks in the fridge and can also be frozen.

The recipe is very flexible, you can even use frozen fruit. Just make sure you have about 10 ounces of fruit to start.

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