

# Ashley's Meal Prep Monday!

## Raspberry Jam

### INGREDIENTS

2 cups raspberries  
2 TBSP raw honey  
½ TSP vanilla  
1 TSP lemon juice  
1 TBSP chia seeds  
Splash of maple  
syrup

This recipe is quick, easy AND delicious!

In a small sauce pan, add raspberries, honey and vanilla. Bring to a boil and simmer for 5 minutes. Use a spatula to mash up the berries.

Add in lemon juice and chia seeds, simmer for an additional 5 minutes. Continue to stir and remove from heat to let cool.

\*While cooling, I gave a taste-test and felt like it was a little too tart. I added a splash of maple syrup and that did the trick. It tastes even better after it's been in the fridge over night! Keep in an air tight container in the fridge and enjoy on toast, pb&j, yogurt, even ice cream!



Recipe idea: [joyfulhealthyeats.com](http://joyfulhealthyeats.com)

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