



CANADA AGRICULTURE  
AND FOOD MUSEUM  
MUSÉE DE L'AGRICULTURE  
ET DE L'ALIMENTATION  
DU CANADA



# Chia Seed Fruit Jam

## Ingredients

2 ½ cups (625 ml) frozen fruit of your choice (strawberries, blueberries, raspberries, mixed berries or peaches)  
2 tbsp (30 ml) of chia seeds  
2 tbsp (30 ml) of pure maple syrup

## Preparation

Add all of the ingredients to a medium size pot. Stir to combine and bring to medium-high heat until it begins to bubble. Lower the heat and simmer uncovered for 10 minutes. Use a potato masher to grind up the chunks. Remove from heat and enjoy! Please note: This jam will keep for about two weeks stored in a mason jar in your fridge.

**Tip:** This jam is excellent served over your favourite yogurt and homemade granola!