

CHIA RASPBERRY JAM

by Dr Taisia Cech



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My kids love toast! They would eat it for breakfast, lunch and dinner if they could. Topping toast with peanut butter and chia jam is a good way to get fruit, nuts and seeds in.

Antioxidants from berries and the omega 3 boost of chia seeds make this a great topping for wholemeal toast, pikelets and pancakes.

Ingredients

- 2 cups frozen raspberries
- 3 tbsp water
- 2 ½ tbsp chia seeds
- 1 tbsp maple syrup

PREP TIME: 1 MINS

COOK TIME: 7 MINS

TOTAL TIME: 8 MINS

SERVES: 10

Directions

1. Add all ingredients into a small pot over medium heat.
2. Bring to the boil, reduce heat and simmer slowly for around 6-7 minutes, stirring often, until the raspberries have broken down.
3. Allow to cool, then pour into a jar and refrigerate.

Note: This recipe also works well with other frozen berries, such as strawberries and blackberries.

Dr Taisia Cech is a GP who is board certified in lifestyle medicine and holds a certificate in plant-based nutrition. She has a lifestyle clinic, Plantify, in Nelson which offers individual and group lifestyle support, both locally and virtually. Find her at plantify.co.nz and on social media [@plantifynz](https://www.instagram.com/plantifynz)

