



## The Health & Wellbeing Studio

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### How to... Make Chia Jam

Chia jam is a delicious, wholefood alternative to regular jam, and allows you the control of inventing your own flavour combinations, and also how much and what type of sweetener you add. Making the most of seasonal, sun ripened fruits such as berries and stone fruit, the natural fruit sugars are often enough to satisfy a sweet tooth.

Chia jam offers a good source of vitamins and antioxidants (depending on the fruit you use) plus fibre, protein and essential fatty acids from the chia seeds. The oils will be at their best in the chilled version of the jam.

There are two ways to make this jam, one that involves blending and chilling, where the gelling action of the chia seeds provide the texture. The second method involves heating the fruit, delivering a deeper and more intense flavour. This jam is also a great recipe to make with kids, in particular the fridge-set version as there is no heat involved.

As with all sugars, natural or otherwise, it is still advisable to enjoy your chia jam in moderation. Serve on pancakes, on wholegrain wholemeal toast with some almond (or other nut) butter for a healthier PB&J, swirled through yoghurt, oats or a chia pudding. If the fruit you are using does not provide the consistency you are after, try adding some fruit juice that pairs well with your chosen fruit, or a more neutral tasting fruit juice that goes with everything, such as apple.

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|-------------------|-----------------------|
| – Family friendly | – Snack               |
| – Gluten free     | – Lactose Free        |
| – Nut free        | – Dairy Free          |
| – GAPS Friendly   | – Lactose Free Option |
| – FODMAP Friendly | – Sweet Treat         |
| – Breakfast       | – Picnic              |
| – How To          | – Dessert             |
| – Grain Free      | – Vegetarian friendly |
| – Vegan Friendly  | – Cooking with Kids   |

Preparations time: 10mins

Cooking time: 5mins

Makes: 1 jar

### Ingredients

- 1 cup fruit (berries, chopped stone, fresh figs fruit work best)
- 1 tbsp rice malt syrup
- 1 tbsp lemon juice
- 2 tbsp chia seeds
- ½ tsp cinnamon
- ½ tsp vanilla

## Instructions

1. *Stovetop Method:*
2. In a small bowl, roughly mash your fruit until it is a little pulp-like.
3. Transfer the fruit to a small saucepan, add the syrup (or other sweetener) and gently heat for 5 minutes. Don't allow the fruit to boil.
4. Remove from the heat and stir through the cinnamon, vanilla, lemon juice and chia seeds.
5. Allow to cool before transferring to the fridge to set completely.
6. *Refrigerator Method:*
7. In a small bowl, roughly mash your fruit until it has released some liquid, but still has a little texture. Alternatively, you can process in a blender to your desired consistency.
8. Stir through the cinnamon, vanilla, lemon juice and chia seeds.
9. Transfer to the fridge to set completely.
10. The jam will last in a sealed jar in the fridge for around a week.

## Alternatives

Add in your own flavours to create your own signature jam depending on how you like to eat it. Suggestions include strawberry and basil, raspberry and orange peel, mango, chilli and kaffir lime or blueberry and vanilla.

For a low FODMAP option, select fruits such as blueberries, raspberries, strawberries, kiwi, passionfruit or rhubarb.