Blueberry & Chai Jam

If you are trying to cut down on sugar, but can't imagine giving up jam, here's some good news, you don't have to!



Practice

In just 10-15 minutes you can create a naturally sweet nourishing alternative using three ingredients you trust.

Fresh blueberries, bring vibrant flavour, chia seeds add natural thickness and goodness, and a touch of honey lifts the sweetness.

Jam with no refined sugar, no long cooking times, just real food, done quickly and easily.



Ingredients

150g blueberries

3 tbs filtered water

2 tbs Chai seeds

½ tbs Honey

Method

1) Place the Blueberries into your clean filtered water and simmer for 5 minutes, breaking apart the berries with a fork as they cook.

2) Remove from the heat, stir in the Chai seeds and honey.

3) Set aside to cool and thicken and store in a glass jar and refrigerate.