

## Raspberry Chia Seed Jam – *Just takes 5 mins!!*

**Makes:** 1 ¼ Cups of Jam

Serving size: 1 Tbsp

### Ingredients

12 oz (340g) Frozen or Fresh Raspberries

1/3 Cup Xylitol or ¼ Cup of Stevia Powder

3 Tbsp Water (if using fresh Raspberries)

3 Tbsp Chia Seeds - milled (Available from health food shops and some supermarkets)



### Instructions

Place raspberries and sweetener in a medium saucepan and place on hob over medium heat. (add water if using fresh Raspberries) Alternatively you can heat up in the microwave. Bring to the boil and cook until raspberries are soft. Mash them with a fork to your desired consistency

Remove from the heat and stir in the Chia Seeds, let cool.

Transfer to a glass jar or Tupperware and refrigerate until set (approx. 2 ½ hours)

Keep refrigerated.

### Nutrition information:

Per 1 Tablespoon:

Kcal 14  
Fat 0.5g  
Carbs 2g  
Protein 1g

### Serving Suggestion:

Spread over oat cake or crispbread,  
add to porridge or yogurt for a little sweetness!!

## CHIA SEEDS BENEFITS

Chia seeds are nature's wonder food, charged with many nutrients. Have chia in the morning in a glass of water before breakfast. Soak them to make chia gel and use it to replace butter. Try our delicious Chia Pudding recipe - available on our website.

- Vegan
- Great source of fibre
- Full of anti-oxidants
- Weight loss (cuts cravings for food)
- Balances blood sugar
- Gluten free
- Rich in omega-3
- Rich in protein
- Rich in anti-oxidants
- Gives sustainable energy
- Anti-aging (healthy skin, hair and nails)
- 3 times more iron than spinach
- 5 times more calcium than milk
- 7 times more vitamin C than oranges
- 15 times more magnesium than broccoli
- Chia gel can replace butter and eggs when baking
- Frugal food - they're cost effective
- Have no flavour, but magnify the taste of what they're added to

