

No-Cook Raspberry Jam



Here's a quick and easy recipe for homemade jam that rivals store-bought varieties! Fresh, flavourful, and high in fibre, this jam is a perfect addition to your mornings!

Preparation 5 min
Cooking 0 min
Servings 12
Nutrition Facts (per serving)
Calories 30
Fat 1
Carbohydrates 5
Fibre 2
Protein 1
Sodium 0

Ingredients

- 500 ml (2 cups) fresh raspberries
- 30 ml (2 tbsp) chia seeds
- 15 ml (1 tbsp) honey (or maple syrup)
- 7.5 ml (½ tbsp) vanilla extract
- Lemon zest, optional

Preparation

1. In a bowl, combine all the ingredients and mash with a fork to create a purée.
2. Transfer to Mason jars and refrigerate until ready to serve.

Notes

Store in an airtight container in the refrigerator for 3-4 days.



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