

No-Bake Raspberry and Chia Jam



Discover our delightful no-cook Raspberry Chia Jam recipe. Made in a breeze, this healthy and flavorful jam combines the benefits of chia seeds with the tangy taste of raspberries. Spread it generously for a guilt-free indulgence!

Preparation 5 min

Cooking 0 min

Servings 10

Nutrition Facts (per serving)

Calories 18

Fat 10

Carbohydrates 3

Fibre 1

Protein 0

Sodium 0

Ingredients

- 250 ml (1 cup) fresh or frozen raspberries
- 15 ml (1 tbsp) water
- 15 ml (1 tbsp) maple syrup
- 15 ml (1 tbsp) chia seeds
- 15 ml (1 tbsp) lemon juice

Preparation

1. Mash the raspberries with water in a food processor.
2. Put in a small bowl and add the maple syrup, chia seeds, lemon juice and cardamom. Mix well and let stand for 15 minutes.

Notes

Keeps for 1 week in the refrigerator. You can keep a small amount in the fridge and freeze the rest in small ice cubes, so you can take one out at a time.



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