

# The ‘over ripe and almost bad’ berry jam



Do you ever buy berries with great intentions of eating them, but they sit too long in your fridge and start to look unappetizing? Or perhaps you went berry picking but got more than you can eat. Before you throw those berries out I encourage you to try this delicious and simple chia seed jam.

Chia seed jam is a healthy spin on regular jam that takes no time to make and is much healthier (full of fibre and antioxidants and it's low in added sugar).

It's the perfect treat for the entire family. If you have some overly ripe berries to use up, give this recipe a try.

## ***Ingredients:***

- 2 cups ripe strawberries, sliced
- 1 tbsp. lemon juice
- 2 tbsp. water
- 1-2 tsp. vanilla extract
- 1 tsp. grated ginger (optional)
- 1-2 tbsp. honey
- 2 tbsp. chia seeds

## ***Directions:***

In a pot over medium heat berries and continue to mix for 2-3 minutes.

Add lemon juice, water, honey and vanilla.

Continue to cook until fruit softens and forms a gel like substance (4-5 minutes).

Remove from heat, mash using forks or a masher to desired consistency. Taste and adjust sweetness if necessary.

Add chia seeds and mix together well.

If you have a little one that wants to help, have them wash, stir, or mash the fruit. :)

Enjoy over Greek yogurt, frozen yogurt, on a slice of bread or with oatmeal.

Cheers to happy and healthy eating.

**Recipe created by Angela Wallace, RD @eatrightRD**