

Quick Strawberry Chia Jam

About the Recipe

20 Calories · 0 Protein · 1 g Fiber

Sauce/Dressing/Topping

Ingredients

Makes 16 Servings

- 1 12-ounce bag frozen strawberries
- 1/2 cup (125 g) unsweetened applesauce
- Juice of 1/2 lemon
- 2 tablespoons (22 g) chia seeds
- 1 tablespoon maple syrup

Directions

1. Add the berries, applesauce, and lemon juice to a saucepot and heat over medium-high heat. Let the berries cook for 6-8 minutes until they start to break down; stir frequently to assist breaking the berries down. Add the chia seeds and maple syrup and stir to combine. Mash the berries with a potato masher or against the edge of the pot with a spatula until they are broken down into the consistency of jam. The jam will be a little loose; set aside for 10 minutes, and it will thicken.
2. Serve warm, if desired. Let remaining jam cool completely and then store in an airtight container in the refrigerator for up to 1 week. **NOTES:** Add more maple syrup if additional sweetness is desired. Start by adding 1 teaspoon at a time.

Nutrition Facts

Per serving:

Calories: 20

Fat: 0 g

Saturated Fat: 0 g

% Calories From Fat: 17%

Cholesterol: 0 mg

Protein: 0 g

Carbohydrate: 4 g

Sugar: 2 g

Fiber: 1 g

Sodium: 1 mg

Calcium: 13 mg

Iron: 0 mg

Vitamin C: 9 mg

Beta-Carotene: 7 mcg

Vitamin E: 0 mg