

Strawberry Chia Seed Jam

LOW SUGAR RECIPE

This low sugar jam is easy to prepare and also boasts antioxidants, vitamins, fiber, and Omega 3.

Ingredients

- Strawberries (very ripe or frozen)
- Chia Seeds
- Monk Fruit Sweetener (optional)

Directions

1. Add 2 cups of fruit to a saucepan, medium-high heat.
2. When fruit warms up and breaks down, mash it with a spoon.
3. Add 2 tablespoons of chia seeds, stir, remove from heat. (Add monk fruit sweetener - optional)
4. Allow 5 minutes to cool.
5. Enjoy immediately, or store in an airtight container in the refrigerator for up to one week.



About Long Valley Health Center

Providing medical and dental services to the people of Laytonville and nearby communities, our providers put an emphasis on prevention.

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