



Cooking *in the* Kitchen at Olums

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*Cooking Delicious Recipes
that are Easy & Nutritious!*
Olums.com

Strawberry Chia Jam

Serves 32 tablespoons (2 cups)

Ingredients:

- 1 pound fresh strawberries, washed, hulled, and sliced
- 3 Tbsp honey or agave nectar
- 2 Tbsp chia seeds

Directions:

1. In a medium saucepan add the strawberries and cook over medium heat. As the strawberries are warming add the honey or agave nectar.
2. Stir the mixture throughout. Once the berries start to fall apart, use a fork to break them up further. Let the mixture come to a gentle boil.
3. Stir in the chia seeds. Continue stirring over low heat for about 15 minutes. Then remove the pan from the stove and cool. Transfer the jam to a container and refrigerate.
4. Serve with your favorite toast, or on a peanut butter and jelly sandwich!

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