



3-Ingredient Cherry Chia Jam

This super versatile, 3-ingredient spread is perfect for stirring into yogurt or slathering on grain-free waffles. Or just sprinkling with a few nuts and seeds and eating it with a spoon for a sweet little treat. Try swapping the cherries and mangos for strawberries or blueberries or use just cherries and a few drops of almond extract for an extra special treat.

🕒 Prep: 10 mins Cook: 1 hour Total: 1 hour 10 mins

👤 Servings: 1 cup

1x	2x	3x
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INGREDIENTS

- 1 cup frozen dark cherries, pitted and thawed
- 1 cup frozen mango chunks, thawed
- 2 Tbsp. water
- 2 Tbsp. chia seeds

INSTRUCTIONS

1. Place thawed fruit and water in the container of a blender or food processor.
2. Blend until smooth (or leave it a little chunky, if you'd like).
3. Pour into a bowl or jar, add chia seeds and stir well.
4. Place in fridge for 30-60 minutes or until thick and jam-like.

NOTES

Store jam in a covered container in the fridge for up to 1 week.

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NUTRITION INFORMATION

Serving Size: 2 Tbsp. Calories: 33 Fat: 1 g Sodium: 0 mg Carbohydrate: 6 g (Fiber: 2 g Sugar: 4 g) Protein: 1 g

DIETARY

Dairy-Free Egg-Free Gluten-free Grain-Free Paleo Vegan Vegetarian

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