



PEACH *Chia Seed* JAM

INGREDIENTS

- 4-5 fresh peaches washed with the pits removed
- 1/4 cup pure maple syrup
- 1 tbsp fresh lemon juice
- 2 tbsp chia seeds, see Recipe Notes

RECIPE NOTES

- For this recipe, I use white chia seeds. The difference is in aesthetics. I just find that the white seeds give the peach chia jam a better appearance.

DIRECTIONS

- Roughly chop the peaches.
- In a small saucepan, add the chopped peaches, maple syrup and lemon juice. Simmer on low heat for 10 minutes. The peaches will become syrupy and soft. As the peaches simmer, break them apart with a wooden spoon.
- Remove the peaches from the heat and then stir in the chia seeds. Set aside and allow the peach chia jam to cool. As it cools, it will continue to thicken.
- Store the peach chia jam in the refrigerator in an air-tight container. I always use mason jars. The jam should remain fresh for about 5 days.

Makes 3 8 oz jars

Cook Time 15