

ISLAND GROWN

HARVEST OF THE MONTH

- June -

STRAWBERRIES

STRAWBERRY CHIA SEED JAM

2 cups of fresh local or organic strawberries (can use frozen when out of season)

2 tbl chia seeds

3 tbl honey

1 tbl fresh lemon juice

Heat a medium saucepan over medium heat and add the strawberries, stirring them around in their juices until they begin to soften.

Once the berries have softened a bit, use a potato masher or fork to break them up even more. Let the mixture come to a slow boil, stirring continuously.

Once you see big bubbles break the surface, add the chia seeds and honey, stir to combine and lower the heat to a simmer.

Continue stirring the mixture over low heat for about 5 minutes, and then add the lemon juice. Stir to combine and remove pan from the heat.

Pour the mixture into a mason jar and let cool for 20 minutes before covering with a tight lid.

The chia seeds need some time to achieve the gelatinous texture, so let the jam cool and then put your jar of jam in the fridge for a few hours and it will achieve the perfect texture.

If you enjoy your jam smoother, add the mixture to your blender and blend before pouring into the jar.

Enjoy your healthy jam over some oatmeal, in a classic PB&J, on toasted sourdough, served with crackers, or on top of yogurt. The jam will keep in the refrigerator for 10 days and freeze for up to 3 months.

Recipe by Gabrielle Chronister



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