

Quick and Easy Chia Seed Jelly or Jam

2 Cup THRIVE Freeze Dried fruit (Strawberries, Blue Berries, or Raspberries work best)

2/3 Cup Water

1/2 Tbsp Lemon Juice

1 Tbsp sugar

1 Tbsp Chia Seeds, ground as fine as possible in a spice grinder

Prepare the THRIVE FD Fruit by crushing it with a rolling pin, mallet, or mortar and pestle, until it is small enough to be easily blended for easy to spread jam, or small enough to be left for a chunky, fresh style jam. Place the crushed berries in a bowl or jar, and add the water and lemon juice. Mix well with a fork and allow to sit for just a minute to rehydrate the fruits. Stir in sugar and chia seeds and mix well until sugar is dissolved. For a pureed jam, once fruit is softened, add sugar and Chia seeds then puree with blender or hand blender. Allow to sit for a few minutes to gel, or serve immediately. Quick and Easy Chia seed Jam goes great with a fresh baked loaf of THRIVE Honey Whole Wheat or Gluten-Free White Bread. Refrigerate any leftovers.

Your jam may be a slightly different thickness than store bought jelly, and results may vary slightly due to humidity or elevation. For a thinner jam, add a little more water. For thicker jam, you could add additional ground chia seeds, 1 tsp at a time, and mix well.