



STRAWBERRY RHUBARB CHIA JAM

Makes: ~ 2 8oz jars

Ingredients

- 4 cups fresh strawberries chopped in quarters
- 3/4 cup rhubarb sliced
- 1-3 tbsp honey, agave or an apple-based vegan honey
- 2 tbsp chia seeds
- 1 tbsp lemon juice

PREP TIME: 10 MINUTES

COOK TIME: 20 MINUTES

TOTAL TIME: 30 MINUTES

Directions

1. Wash the strawberries well, then chop off the top part with the leaves. Cut the strawberries into quarters. Wash the rhubarb well & thinly slice.
2. Place them in a pot on medium heat & cook them covered for 10 minutes, stirring occasionally.
3. Using a large fork or a potato masher, mash the strawberries to break them down a little. Let them cook for 5 minutes while stirring occasionally.
4. Once bubbles break, add in the honey, lemon juice & chia seeds. Stir to combine. If you want it thicker, stir in more chia seeds, 1 tsp at a time. (The chia seeds will help the jam become a gelatinous texture while also adding fibre, protein & healthy omega-3 fats).





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5. Cook on low heat, stirring occasionally for ~ 5 minutes.
6. Transfer the jam to jars, leaving 1/2 inch of space before sealing. It can store in the fridge for about 2 weeks, be frozen up to 3 months or be processed in a hot water bath to preserve it longer.

To preserve the jam for up to a year:

1. Transfer the jam while it's still hot to hot sterile jars, leaving 1/2 inch of space before adding the lid & ring.
2. Place in a water bath (boiling water) deep enough to cover jars with water by 1-2 inches.
3. When boiling becomes rapid, begin timing for 30 minutes. After 30 minutes, turn off heat & wait 5 minutes.
4. Remove jars from water & place on a towel. Leave upright for 12-24 hours. The lid should retreat (not pop) when pushed on.

Enjoy on oatmeal, pancakes, muffins, crepes,
bread, scones, yogurt & more!

