



RASPBERRY & VANILLA CHIA JAM



VGN, GF, RSF



5 mins



10



Ingredients

- 2 cups frozen raspberries, thawed
- 2 tbs rice malt syrup
- 3 tbs raw honey or pure organic maple syrup
- 1 tsp vanilla bean powder
- ¼ cup chia seeds



Method

1. Add all the ingredients into a food processor and blend until almost smooth (about 2 minutes).
2. Pour the jam into a sterilised jar and refrigerate overnight. Yes it is that easy!

* Jam is best eaten within 2 weeks.

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