



Nancy's Nourishing Kitchen

Strawberry Rhubarb Chia Jam

Ingredients:

2 cups strawberries, cut in half
2 stalks rhubarb, cut into 1/2" slices
juice from half lemon
2 tablespoons chia seeds
2 tablespoons maple syrup
5-6 fresh mint leaves, sliced very thin



Directions:

- Gently simmer strawberries, rhubarb and lemon juice in a saucepan and over medium low heat until the fruit breaks down and becomes juicy, mashing with a potato masher or fork.
- Remove from heat and add maple syrup, chia seeds and mint.
- The jam will thicken as it cools.

Store in refrigerator for 2 weeks. Freezes well.

Mix it up:

Use any berry or a combination.

Skip the rhubarb.

Add grated fresh ginger.

Sub lime juice for lemon juice.

Try fresh basil instead of mint.

*Always discard any rhubarb leaves; they are toxic.