



# 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.