



Cherry Chia Jam

FLYNTKIDSCOOK

Ingredients

3 cups	Cherries, fresh or frozen
1 Tbsp	Maple syrup or honey
1-2 Tbsp	Chia seeds
Pinch	Salt
1/2 tsp	Vanilla extract
1 Tbsp	Orange juice

Supplies & Equipment

- Medium sized pot
- Measuring cups
- Measuring spoons
- Mixing spoon ~or~ Spatula
- Medium sized storage container

Directions

1. Add cherries and maple syrup to a medium sized pot and stir to combine. Cook the cherries over medium heat until they soften and release their juices, about 10 minutes.
2. Add chia seeds. (For a thinner jam, add 1 tablespoon, for a thicker jam, add 2 tablespoons.) Stir chia seeds into cherries and continue to cook until jam thickens, about 5 minutes.
3. Remove pot from heat and mix in salt, vanilla extract, and orange juice.
4. Transfer jam into a storage container and let cool at room temperature for 30 minutes, then transfer to the refrigerator and chill for at least 2 hours before enjoying.

*Recipe adapted from Oh She Glows

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