12/18/2020 Blueberry Chia Sea Moss Jam - Good Food Baddie

**Blueberry Chia Sea Moss Jam**

Superfood Blueberry Chia Seed Sea Moss Jam is packed with tons of nutrients! It is a delicious low sugar, no pectin jam that is made with nutrient-rich blueberries, chia seeds, and sea moss! It’s Alkaline, Vegan, Gluten-Free, and Refined Sugar-Free.

Prep Time Cook Time Total Time 5 mins 15 mins 20 mins

5 from 11 votes

Course: Breakfast, Condiment, Sauce or Marinade

Cuisine: American

Keyword: alkaline, blueberry, chia seed, easy blueberry jam, easy recipe, gluten-free, irish sea moss, jam, sea moss, spread, vegan

Servings: 1 jar

Calories: 24kcal



# Ingredients

3 cups Blueberries, (fresh or frozen, thawed) 1/4 cup Chia Seeds

2 tbsp Maple Syrup 1 Lemon, juiced

1-2 tsp Lemon Zest 1/4 cup Sea Moss Gel

# Instructions

1. In a saucepan over medium-low heat, add blueberries, maple syrup, lemon zest, lemon juice, and bring to a low boil, about 5 minutes. Make sure to stir occasionally and the blueberries will begin to burst. Use a wooden spoon to mash about half of the blueberries and release the juices.
2. Turn the heat to medium-high and allow the mixture to boil for about 10 minutes, or until the liquid is reduced by half. Make sure to stir occasionally.
3. Reduce the heat to medium-low and add the chia seeds. Cook for about 5 minutes, stirring frequently. The jams should begin to thicken.
4. Turn off the heat and stir in sea moss. Allow the jam to cool for at least 10 minutes and then transfer the jam into a mason jar. Use as you normally would use jam **—** on toast, pancakes, waffles, sandwiches, etc.
5. Close the lid on the jam tightly and store it in the fridge. The jam will last in the fridge for up to 1 week or in the freezer for up to 2 months. Do not store this jam at room temperature.

# Notes

This is not a shelf-stable jam. Use within 1 week and keep refrigerated. Can store the jam in the freezer for up to 2 months

Make sure to store your jam in an airtight mason jar

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