

FIONA TUCK

NUTRITION WELLNESS YOGA



Raspberry Chia Jam

Ingredients (makes about 1 cup):

- 1 cup organic raspberries (fresh or defrosted)
- 3 tablespoons lemon juice (about ½ a lemon)
- 2 tablespoons water (add more if you prefer a looser jam)
- ½ teaspoon stevia powder, or to taste (or alternatively use honey or coconut sugar)
- 4 tablespoons chia seeds

Prep: 10 mins

Cook: 10 mins

Directions:

1. Place the raspberries, lemon juice and water in a blender and blend until smooth.
2. Add the stevia powder.
3. Stir through the chia seeds and set aside for 10 minutes to set.

Assists with healthy skin, circulatory system and anti-ageing.
