

Peach Raspberry Chia Seed Jam

This jam is only five ingredients! Sweet, tangy and delicious, it pairs perfectly with breakfast, dessert, and anything in between.

With antioxidants from raspberries and peaches, plus omega-3's from chia seeds, paired with **CanPrev's Curcumin 100 Liposomal**, it's the perfect recipe for fighting inflammation and keeping your heart healthy.



Preparation time: 50 mins | Servings: 4



Ingredients

- 2 cups fresh or frozen peaches, peeled if fresh
- ½ cup fresh or frozen raspberries
- ¼ cup honey or maple syrup
- ¼ cup chia seeds
- ¼ cup water
- 3 tbsp Curcumin 100 Liposomal

Method

1. In a medium pot, combine peaches, raspberries, honey and water. Bring to a boil.
2. Once bubbling, reduce heat to low and let simmer for 20 minutes. Stir every few minutes, and mash to desired texture.
3. Once jam has thickened slightly, remove from heat and let cool for 30 minutes, or until room temperature.
4. Stir in chia seeds and Liposomal Curcumin, and pour into an airtight container. Refrigerate for 1 hour to thicken before serving.

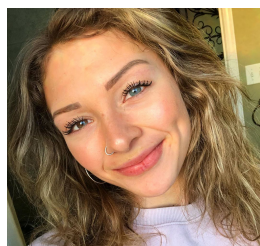
Storage Instructions:

Store in an airtight container in the fridge for up to 2 weeks.

Featured Products



Developed by: Nicole Bowman



As a fitness and health enthusiast, Nicole combines her background in Human Nutrition with her passion for cooking to create delicious treats with functional benefits.

