

Easy Raspberry Balsamic Chia Jam

Description

Delicious and flavorful jam.

Prep time: Ten minutes

Total time: Twenty minutes

Servings: 2

Ingredients

- 1.1lb of fresh or frozen raspberries
- 2 tablespoons of balsamic vinegar
- 2 tablespoons of chia seeds (0.6 oz)

Instructions

1. Pour the ingredients into a saucepan and place over medium heat for some minutes. Stir the mixture and crumble the raspberries to release the juices while they cook.
2. Keep cooking until the mixture has a jam-like consistency. Pour into jars and seal them while they are still hot.