



Fresh Strawberry Jamboree Spread

Basic strawberry jam spread recipe to serve or make dipping jam

2 cups strawberries, rough chopped or 1 (10 oz. pkg.) frozen strawberries, thawed
2 Tablespoons chia seeds
1 Tablespoon maple syrup
1 Tablespoon water
1 tsp. pure vanilla extract
2 Tablespoons water or as desired

1. To a medium saucepan over medium heat, add strawberries and cook for about 5 minutes to soften. Remove from heat; crush berries to a coarse thawed texture with a potato masher or fork. Transfer to a bowl. If using frozen berries, simply add to a bowl and crush berries.
2. Stir in chia seeds, maple syrup, water, and vanilla, making sure all chia seeds have been moistened.

3. Cover and transfer to refrigerator for a least 6 hours. Stir in water about 1 Tablespoon at a time to reach desired jam spread consistency. If using frozen berries, you may not need to add water. Store up to 2 weeks in the refrigerator or freeze up to 3 months. Yield: about 1 cup

Cook's Note: For the Waffle recipe: See:

<https://www.gloriagoodtaste.com/wp-content/uploads/2019/02/I-Pad-Toms-Healthy-Start-Waffles.pdf>

Also: Serve waffles drizzled lightly with maple syrup, Strawberry Jamboree Spread, fresh halved strawberries, and garnish with a few mint leaves.

If desired, substitute other syrups rather than maple syrup in the basic recipe.

To Make Chocolate Strawberry Dipping Jam:

1/2 cup Strawberry Chia Seed Jam (See basic recipe)

1/2 Tablespoon maple syrup

1/2 Tablespoon dry unsweetened cocoa

1 Tablespoon water or as needed

1 Tablespoon semi-sweet or dark mini chips

Directions: Stir all ingredients together until combined. Place in small container. Yield: about 2/3 cup

To Make Strawberry Dipping Jam:

1/2 cup Strawberry Chia Seed Jam

2 Tablespoons water as needed

2 drops natural red coloring, optional

1 Tablespoon favorite fruit flavored syrup or jam, optional

Directions: Stir all above ingredients together until combined. Place in small container. Yield: about 2/3 cup

Basic Recipe Inspired by: cleaneating.com

About the Recipe: Chia seeds are the secret ingredient that help this fresh flavored jam thicken in your refrigerator. Purchase them from natural food store or supermarket. To make the jam, simply stir the uncooked seeds into the cooked and mashed berries. It's amazing how it turns into a natural thick jam; spread to use on toast, waffles, sandwiches, or can be used to make dipping jams.