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Secret Foodies Recipes

# Raw Raspberry Chia Jam

Makes 500ml jar

## Ingredients

½ cup of chia seeds  
300g of frozen raspberries  
1 tbsp of agave nectar

## Preparation

Defrost the raspberries. Meanwhile start preparing the thickening jelly by combining chia seeds, water and your choice of your sweetener. Let it sit for 15 minutes. Raspberries should be defrosted in this time. Place all ingredients? into a blender and blend until smooth. The jam will keep in a glass jar for up to two weeks in the fridge.

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