

# Apricot and Almond Chia Jam

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medium saucepan  
kitchen scales  
measuring cups and spoons  
heatproof stirring spoon  
potato masher or fork  
2 x 1-cup storage jars

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- Add** to the saucepan 500 g (1 lb) pitted **fresh apricots**  
¼ cup **raw honey or maple syrup**  
¼ cup **amaretto or orange juice**
  - Simmer** over a medium heat for 10 minutes.
  - Remove** from heat and **mash** the fruit until it is the desired consistency.
  - Stir in** ¼ cup **white chia seeds**
  - Return** to the heat and **simmer** for another 5 minutes while stirring occasionally.
  - Stir in** 2 TBS **flaked almonds**
  - Pour** into glass jars and seal with a lid.
  - Store** in the refrigerator and use within 2 weeks.
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