

Cooking workshop series

UN PLANT DE TOMATE À LA FOIS

Blueberry Vanilla Chia Seed Jam

Ingredients

- 2c blueberries
- 1/4 c honey
- 1 tsp vanilla extract
- 3 tbsp chia seeds
- 1 tbsp lemon juice
- hint of lemon zest

Steps

Blend blueberries in an electric blender or mash with the back of a fork. Add honey, vanilla and lemon juice and zest. Add chia seeds and mix with spoon. Let stand for 15min while chia seeds gel and thicken jam. If you wish for a thicker consistency, add an additional tbsp of seeds. Pour into a jar and store in refrigerator for up to one week or in freezer for up to 8 months. You can substitute blueberries for a fruit combination of your choice!

Réal Bonneville, Coordinator
Dawson Community Center
514 767-9967
plantdetomate.com
plant.de.tomate@gmail.com



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