

Fruity Jam

Makes 6 servings · about 2 Tbsp each

SATIETY SCORE	NUTRITION
● ○ ○ ○ ○ 1 / 5	HIGH
Per serving (approx.): Protein 1 g · Fiber 2 g · Calories 25	

Ingredients

- 1 cup frozen fruit (blackberries, strawberries, blueberries, etc.)
- 1 Tbsp water
- 1 Tbsp chia seeds
- ½ Tbsp honey

Directions

1. Heat the fruit and water in a small saucepan until boiling.
2. Remove from heat and mash the fruit to the desired consistency.
3. Mix in the chia seeds and honey.
4. Store in an airtight container in the refrigerator.

Note: This is a spread — the chia adds fiber, but it's meant as a topping rather than a filling snack.

Ingredient tip: When a recipe uses a packaged or processed food, choose a version with five or fewer ingredients on the label.

Rating based on the NuStart Satiety & Nutrient Food Guide. Per-serving values are approximate and vary with brand, variety, and preparation.

GROCERY LIST

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Check off what you need — items are grouped by store section.

FROZEN

- ☐ 1 cup frozen fruit (blackberries, strawberries, blueberries, etc.)

PANTRY & DRY GOODS

- ☐ 1 Tbsp chia seeds

CHECK YOUR PANTRY

- ☐ Honey