

# No Sugar Raspberry Jam

Yield: 1 ¼ cups of jam

## Ingredients

½ cup Medjool dates (100 grams)

1 cup boiling water (enough to soak the dates)

3 cups (750g) raspberries (fresh or frozen, lightly packed)

3 tablespoons chia seeds

2 tablespoons lemon juice

¼ teaspoon salt

## Instructions

Measure your dates and soak them in boiling water for 15 minutes. Cover bowl for first 5 minutes of soak.

Strain dates, discard the water and place the dates into your food processor along with all other ingredients. Blend everything until evenly incorporated.

Pour the jam into a pot on the stove and heat until it starts to simmer. Then reduce heat and cook for another 10 minutes. Remove from heat and allow to cool.

Store in an airtight container in the fridge for up to one week. Freeze for up to 6 months

*This recipe is not suitable for canning.*