

## 3-Ingredient Blueberry Chia Jam Recipe You'll Love

Healthy Homemade Blueberry Chia Seed Jam with No Added Sugar ??



**TIME**  
**8 min**

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### INGREDIENTS

2 cups (300g) blueberries - fresh or frozen

3 tablespoons chia seeds

1/4 cup water

1 tablespoon lemon juice

Optional: pinch of cinnamon or a drop of vanilla extract

Swaps and Notes:

Berries: Swap in raspberries, blackberries, or strawberries-or use a mixed berry blend.

Texture: Mash less if you like a chunky jam, or puree for smooth.

Optional Sweetener: A touch of stevia or monk fruit is optional if your berries are tart.

Thickener: No pectin needed-the chia seeds naturally gel up the mixture!

How to Make Blueberry Chia Jam:

Simmer: In a saucepan, combine blueberries, water, and lemon juice over medium heat.

Cook: Let it simmer 5-8 minutes until berries burst. Mash with a fork for texture.

Stir in Chia Seeds: Remove from heat and stir in chia seeds (plus cinnamon/vanilla if using).

Rest: Let the jam sit for 15-20 minutes to thicken. Stir occasionally.

Taste & Adjust: Add optional sweetener if desired.

Store: Transfer to a clean jar. Store in fridge for up to 2 weeks.

#### Tips for Success:

Use ripe, sweet berries for the best natural flavor.

Stir the jam a few times during thickening to prevent clumping.

If you're using frozen berries, no need to thaw-just add a minute or two to the simmer time.

#### Serving Suggestions:

Spread on whole grain toast or sourdough

Swirled into oatmeal or chia pudding

Dolloped on pancakes or cottage cheese pancakes

Mixed with Greek yogurt or layered in parfaits

Used as a topping for banana bread

#### Storage & Leftovers:

#### More Recipes You'll Love:

A Light, Tangy Chicken Salad (No Mayo!) - perfect for spreading a spoonful of jam on the side!

This Chocolate Chip Banana Bread

These No-Bake Monster Cookie Energy Balls

This Pumpkin Delight No-Bake Dessert

The Viral Cottage Cheese Pancake

#### Final Thoughts:

## DIRECTIONS

1. **Simmer:** In a saucepan, combine blueberries, water, and lemon juice over medium heat.
2. **Cook:** Let it simmer 5-8 minutes until berries burst. Mash with a fork for texture.
3. **Stir in :** Chia Seeds: Remove from heat and stir in chia seeds (plus cinnamon/vanilla if using).
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8. **Stir the jam a few times during thickening to prevent clumping.**
9. **If you're using frozen berries, no need to thaw-just add a minute or two to the simmer time.**
10. **Serving Suggestions:** Spread on whole grain toast or sourdough
11. **Swirled into oatmeal or chia pudding**
12. **Dolloped on pancakes or cottage cheese pancakes**
13. **Mixed with :** Greek yogurt or layered in parfaits
14. **Used as a topping for banana bread**
15. **Storage & Leftovers:** Store your chia jam in a sealed glass jar or airtight container in the refrigerator for up to 2 weeks. You can also freeze it in small containers or ice cube trays for portioned use-just thaw in the fridge overnight before using.
16. **More Recipes You'll Love:** A Light, Tangy Chicken Salad (No Mayo!) - perfect for spreading a spoonful of jam

on the side!

17. This : [Chocolate Chip Banana Bread](#)
18. These : [No-Bake Monster Cookie Energy Balls](#)
19. This : [Pumpkin Delight No-Bake Dessert](#)
20. The : [Viral Cottage Cheese Pancake](#)
21. Final Thoughts: Whether you're meal-prepping for the week or want a better-for-you fruit spread, this blueberry chia jam brings all the flavor with none of the junk. Let me know in the comments if you tried it or made any fun twists!
22. ? Don't forget to pin, share, and follow ChefManiac for more clean-eating comfort foods. ?

## SWAPS & NOTES

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**More recipes:** [ChefManiac.com](https://chefmaniac.com)

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