

## 5-Minute Instant Pot Raspberry Jam with Chia Seeds and Lemon

Instant Pot Raspberry Jam: Naturally Sweet, Bright, and Blissfully Easy ??



**TIME**  
**3 min**

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**ChefManiac**

### INGREDIENTS

4 cups fresh or frozen raspberries  
1/2 cup maple syrup  
2 tablespoons lemon juice  
4 tablespoons chia seeds

### DIRECTIONS

- 1. Mix the : Base**Open your Instant Pot and add the raspberries, lemon juice, and maple syrup. Stir well to combine.
- 2. Pressure : Cook**Close the lid, set the valve to sealing, and cook on high pressure for 3 minutes. This step bursts the berries and blends the flavors beautifully.
- 3. Quick : Release**Once the timer is done, carefully do a quick pressure release.
- 4. Add : Chia and Stir**Open the lid and sprinkle in the chia seeds. Stir well until everything is evenly combined. The chia seeds will thicken the mixture as it cools.
- 5. Cool and : Store**Transfer the jam to jars or containers. Let it cool, then refrigerate for at least an hour to fully set.

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

Original recipe: <https://chefmaniac.com/5-minute-instant-pot-raspberry-jam-with-chia-seeds-and-lemon/>