

Homemade Blueberry Chia Jam: Easy, Healthy & No Added Sugar Recipe

Healthy Homemade Blueberry Chia Seed Jam



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10 min

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INGREDIENTS

Swaps and Notes:

Berries: Don't stop at blueberries! You can swap these out for strawberries, raspberries, blackberries, or a mix of all three. Cooking times may vary slightly depending on the berry.

Sweetener (If Needed): If your berries are tart, you can add a natural, sugar-free sweetener after cooking. A drop of liquid stevia or monk fruit extract will do the trick without adding bulk.

Texture: If you prefer a chunkier jam, mash fewer berries in step 2. For a smoother, more uniform jam, you can briefly blend the cooked mixture with an immersion blender before stirring in the chia seeds.

Step-by-Step Directions:

Start the Simmer: Combine the 2 cups of blueberries, 1/4 cup of water, and 1 tablespoon of lemon juice in a medium saucepan.

Cook and Mash: Bring the mixture to a simmer over medium heat. Cook for 5-8 minutes, stirring occasionally. As the berries heat up, they will begin to burst. Use a fork or potato masher to mash some of the berries against the side of the pan to achieve your desired consistency.

Remove from Heat: Once the mixture is juicy and has reached your preferred texture, remove the saucepan from the heat source.

Stir in Chia Seeds: Immediately stir in the 3 tablespoons of chia seeds and any optional

additions like cinnamon or vanilla. Mix well to ensure the chia seeds are evenly distributed and don't clump.

Set and Thicken: Let the mixture stand at room temperature for about 15-20 minutes, giving it a stir halfway through. The jam will thicken noticeably as the chia seeds absorb the liquid and form a gel. It will continue to firm up as it cools completely.

Transfer and Store: Once cooled, transfer the jam to a clean jar with a tight-fitting lid. Store in the refrigerator.

Tips for Success:

Don't Rush the Chia: The 15-20 minutes of setting time is crucial. If you try to use it right away, it will be too runny. Be patient; the gel structure needs time to form!

Use Fresh Lemon Juice: The acid from fresh lemon juice not only brightens the flavor but also works as a natural preservative, helping the jam hold up longer in the fridge.

Stir Well: When adding the chia seeds, give it a vigorous stir for 30 seconds and then another stir about 5 minutes later. This prevents the seeds from sinking to the bottom and clumping together.

Serving Suggestions and Pairings:

Classic Toast Topper: Absolutely fantastic on a slice of sourdough or whole-grain toast.

Yogurt and Oatmeal: Swirl a tablespoon into plain Greek yogurt or a hot bowl of oatmeal for a healthy breakfast boost.

Baked Brie: Use it as a sweet topping for this incredible Baked Brie Appetizer—the fruity sweetness is the perfect contrast to the savory cheese.

Dessert Filling: Use it as a filling for thumbprint cookies or a healthy topping for a slice of this [The Best Peanut Butter Brownies I've Ever Made](#).

Beverage Mixer: Stir a spoonful into a glass of plain sparkling water or mix it into a pitcher of [This Blueberry Lemonade Is My Favorite Refreshing Drink for Sunny Days](#) for an extra boost of berry flavor.

Nutritional Information (Per Serving):

Storage and Leftover Tips:

Refrigerator: The jam will keep well in an airtight container (like a mason jar) in the refrigerator for up to 2 weeks. The chia seeds keep it stable and fresh.

Freezing: Yes, you can freeze it! Transfer the cooled jam to a freezer-safe, airtight container, leaving a little headspace as it may expand. It can be frozen for up to 3 months. Thaw overnight in the refrigerator before using.

More Recipes You Will Love:

[This One-Pan Breakfast Bake Will Make You Skip](#)

[These Chocolate Chip Cookie Bites Are My Favorite Little Treat to Bake Anytime](#)

[The Best Peanut Butter Brownies I've Ever Made](#)

[This Baked Brie Appetizer Is My Favorite Effortless Way to Impress Guests](#)

Final Thoughts:

DIRECTIONS

1. Preparation : Time: 5 mins | Cooking Time: 10 mins | Setting Time: 20 mins | Total Time: 35 mins | Number of Servings: Makes approx. 1.5 cups
2. Start the : Simmer: Combine the 2 cups of blueberries, 1/4 cup of water, and 1 tablespoon of lemon juice in a medium saucepan.
3. Cook and : Mash: Bring the mixture to a simmer over medium heat. Cook for 5-8 minutes, stirring occasionally. As the berries heat up, they will begin to burst. Use a fork or potato masher to mash some of the berries against the side of the pan to achieve your desired consistency.
4. Remove from : Heat: Once the mixture is juicy and has reached your preferred texture, remove the saucepan from the heat source.
5. Stir in : Chia Seeds: Immediately stir in the 3 tablespoons of chia seeds and any optional additions like cinnamon or vanilla. Mix well to ensure the chia seeds are evenly distributed and don't clump.
6. Set and : Thicken: Let the mixture stand at room temperature for about 15-20 minutes, giving it a stir halfway through. The jam will thicken noticeably as the chia seeds absorb the liquid and form a gel. It will continue to firm up as it cools completely.
7. Transfer and : Store: Once cooled, transfer the jam to a clean jar with a tight-fitting lid. Store in the refrigerator.
8. Tips for Success: Don't Rush the Chia: The 15-20 minutes of setting time is crucial. If you try to use it right away, it will be too runny. Be patient; the gel structure needs time to form!

9. Use : Fresh Lemon Juice: The acid from fresh lemon juice not only brightens the flavor but also works as a natural preservative, helping the jam hold up longer in the fridge.
10. Stir : Well: When adding the chia seeds, give it a vigorous stir for 30 seconds and then another stir about 5 minutes later. This prevents the seeds from sinking to the bottom and clumping together.
11. Serving Suggestions and Pairings: This jam is far more versatile than just a bread spread. Here are a few ways I love to use it:
12. Classic : Toast Topper: Absolutely fantastic on a slice of sourdough or whole-grain toast.
13. Yogurt and : Oatmeal: Swirl a tablespoon into plain Greek yogurt or a hot bowl of oatmeal for a healthy breakfast boost.
14. Baked : Brie: Use it as a sweet topping for this incredible Baked Brie Appetizer-the fruity sweetness is the perfect contrast to the savory cheese.
15. Dessert : Filling: Use it as a filling for thumbprint cookies or a healthy topping for a slice of this The Best Peanut Butter Brownies I've Ever Made.
16. Beverage : Mixer: Stir a spoonful into a glass of plain sparkling water or mix it into a pitcher of This Blueberry Lemonade Is My Favorite Refreshing Drink for Sunny Days for an extra boost of berry flavor.
17. Nutritional Information (Per Serving): The values below are estimates based on a 2-tablespoon serving size.
18. Export to : Sheets
19. Storage and Leftover Tips: Refrigerator: The jam will keep well in an airtight container (like a mason jar) in the refrigerator for up to 2 weeks. The chia seeds keep it stable and fresh.
20. Freezing: Yes, you can freeze it! Transfer the cooled jam to a freezer-safe, airtight container, leaving a little headspace as it may expand. It can be frozen for up to 3 months. Thaw overnight in the refrigerator before using.
21. More Recipes You Will Love: If you appreciate easy, no-fuss recipes with a healthier twist, check out these other favorites from the site:
22. This : One-Pan Breakfast Bake Will Make You Skip
23. These : Chocolate Chip Cookie Bites Are My Favorite Little Treat to Bake Anytime
24. The : Best Peanut Butter Brownies I've Ever Made
25. This : Baked Brie Appetizer Is My Favorite Effortless Way to Impress Guests

SWAPS & NOTES

Blueberries (fresh or frozen) 2 cups / 300g Frozen works just as well and is often cheaper!

Chia Seeds 3 tablespoons / 36g Essential for thickening and adding nutrition.

Water 1/4 cup / 60ml Helps break down the berries initially.

Lemon Juice (freshly squeezed) 1 tablespoon / 15ml Brightens the flavor and aids in setting.

TIPS FOR SUCCESS

Don't Rush the Chia: The 15-20 minutes of setting time is crucial.

If you try to use it right away, it will be too runny.

Be patient; the gel structure needs time to form!

Use Fresh Lemon Juice: The acid from fresh lemon juice not only brightens the flavor but also works as a natural preservative, helping the jam hold up longer in the fridge.

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

Original recipe: <https://chefmaniac.com/homemade-blueberry-chia-jam-easy-healthy-no-added-sugar-recipe/>