

Chia Jam Blueberry Pops

Prep: 30 min Cook: 0 min Total: 4 hr 30 min Servings: 8

Calories: 60 Fat: 2g Protein: 2g Carbs: 9g Fiber: 0g

Ingredients

- 1 cup Blueberry Chia Jam (see recipe below)
- 3/4 cup coconut water
- 1 Tbsp fresh lime juice
- pinch of kosher salt
- 1/2 cup (or frozen, thawed) blueberries
- 3 cups fresh (or frozen, thawed) blueberries
- 2 tsp finely grated lemon zest
- 1/4 cup fresh lemon juice
- 3 Tbsp BBF agave syrup (more if you desire it to be sweeter)
- 1/4 cup BBF chia seeds

Directions

1. The Blueberry Chia Jam Recipe:
2. Cook the Berries: In a medium saucepan over medium heat, combine blueberries, lemon zest, lemon juice, and agave syrup. Simmer for about 5 minutes, stirring occasionally, until berries begin to burst.
3. Lightly mash about half the berries with a spoon. Increase heat to medium-high and bring to a boil. Cook 5-10 minutes, stirring occasionally, until the mixture reduces by half.
4. Taste and add more agave if desired. Return mixture to a boil and stir in chia seeds. Cook for 1 minute to soften the seeds.
5. Let the jam cool slightly, then transfer to heatproof jars or containers. Cover and cool completely before refrigerating. Chill until ready to use.
6. Popsicles Recipe:
7. In a blender, puree the blueberry chia jam, coconut water, lime juice, and salt until smooth.
8. Add the remaining blueberries and pulse just enough to break them up slightly.
9. Pour mixture into ice pop molds, insert sticks, and freeze until solid, about 3+ hours.
10. To release, run molds under warm water for a few seconds and unmold.
11. Enjoy your Chia Jam Blueberry Pops!