

Frozen Raspberry Chia Jam Bites

Prep: 20 min Cook: 1 hr Total: 1 hr 10 min Servings: 12

Calories: 100 Fat: 6g Protein: 1g Carbs: 12g Fiber: 3g

Ingredients

- 2 cups fresh raspberries, washed
- 1/4 cup BBF Organic Chia Seeds
- 3 Tbsp maple syrup
- 1 Tbsp lemon juice
- 3/4 cup chocolate chips
- 1 tsp coconut oil

Directions

1. Add the raspberries, Chia Seeds, maple syrup, and lemon juice to a medium saucepan.
2. Cook over medium heat for 10-15 minutes, stirring occasionally, until the mixture has thickened into a jam.
3. Spoon 1-tablespoon portions of the jam onto a parchment-lined baking sheet.
4. Freeze for 1 hour, or until the portions are firm enough to peel off the parchment paper.
5. In a microwave-safe bowl, combine the chocolate and coconut oil.
6. Microwave in 30-second intervals, stirring between each, until the chocolate is completely melted and smooth.
7. Using a fork, dip each frozen raspberry bite into the melted chocolate, coating it completely. Let any excess chocolate drip off through the tines of the fork.
8. Return the coated bites to the parchment-lined baking sheet.
9. Freeze for an additional 5 minutes, or until the chocolate is set.
10. Enjoy your Frozen Raspberry Chia Jam Bites!