



QUICK MANGO CHIA JAM

15 minutes | makes approximately 1 cup of jam

INGREDIENTS

pulp of 1 peeled ripe mango (about 2 cups)
juice of 1/2 lime
2 tbsp chia seeds
zest of 1 lime

STEP BY STEP

Start by gathering, preparing and measuring all of the ingredients. This will improve your dynamic in the kitchen.

1. Combine the mango and lime juice in a high speed blender and blend until they turn into creamy pulpy mixture.
2. Transfer this mixture into a mason jar and add the chia seeds and lime zest. Mix well to combine.
3. Seal the jar and place it in the fridge for 10 minutes before serving. The chia seeds will thicken the mixture and turn it into a jam.
4. Store the jam in the fridge in an airtight mason jar or container and enjoy within 2 to 3 days.



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