

# LOVE THY CARROT

*real food made with love*

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## CONCORD GRAPE CHIA SEED JAM

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### INGREDIENTS

3 cups concord grapes  
2 tbsp maple syrup  
2 tbsp chia seeds  
zest of 1/2 a lemon

### DIRECTIONS

1. In a medium saucepan on medium high heat, add in the grapes and cook the fruit until it starts to break down and the grapes begin to bubble and simmer, they will start to release some juices, about 5 to 10 minutes.
2. Turn the heat down and add the maple syrup and chia seeds. Cook another 5 minutes, stirring frequently. Add in the lemon zest and remove from heat and let cool. The jam will still be a bit runny, but as it cools it will start to thicken.
3. Once the jam has cooled to room temperature, transfer it to a jar. Store in the fridge for about 2 weeks.

### COOKS NOTES

The jam will thicken further and become more set once it has completely chilled.

This jam is not a shelf stable. Use within 2 weeks and keep refrigerated. Jam can also be frozen.