



Coconut Yoghurt with Cherry Chia Seed Jam

Makes 2 cups

Combine your favourite ZENZO Coconut Yoghurt with this amazing chia seed jam. Chia seeds are a nutrient powerhouse full of fibre, protein, omega 3, calcium, manganese, magnesium, phosphorus, zinc, vitamins B1, 2 & 3 and potassium! - What's not to love?

Difficulty Level: Easy

Prep Time: 5 minutes

Cook Time: 60 minutes (chill time)

Total Time: 65 minutes

INGREDIENTS

- 425g canned, pitted cherries, in juice if available
- 3 tbsp chia seeds
- 2 tbsp honey or sweetener of your choice, adjusted to suit your taste
- 3 tbsp water/fruit juice
- 2 tbsp ZENZO plain Coconut Yoghurt



HOW TO MAKE

1. Drain the fruit retaining the juice, and place the fruit in a blender, then pulse to break up the fruit.
2. Add the sweetener of your choice, water (or juice from the can), chia seeds and mix well.
3. Transfer the mixture to a sterilised jar and leave for at least one hour in the refrigerator for the chia seeds to absorb the liquid and thicken up the jam.
4. When ready, add 2 tbsp of ZENZO coconut yoghurt to a small glass and top with 2 tsp of the chia seed jam, decorate with a sprinkle of desiccated coconut and enjoy!
5. The jam will keep for 1-2 weeks stored in the fridge.

OPTIONAL

Ideas to experiment with:

You can also use frozen fruits, allow them to defrost either naturally or by heating gently in a pan, then crush with the back of a fork or pulse in a blender.

If you are worried about affecting blood glucose levels, then Stevia is a better choice than honey as it has no effect on blood sugar and is generally sweeter than honey so less may be needed.

Swap out the water for orange juice which would work well with berries.

Try adding some vanilla essence with strawberries.

If you don't mind adding some sugar, try candied ginger cut up into fine pieces with some re-hydrated dried figs.