



ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts
Low disaccharides

Prep time: 10 mins

Cook time: 10 mins

Makes: 2 cups

INGREDIENTS

- 1 bunch rhubarb, cut into 2cm pieces)
- 1 cup frozen cherries
- 2 tbsp natvia, or honey
- juice of 1/2 a lemon
- 2 tbsp chia seeds

METHOD

- Place rhubarb, cherries, natvia or honey and lemon juice into saucepan (or thermomix), and bring to the boil.
- Simmer for 10 minutes while stirring continuously.
- Blend into puree, (or leave slightly chunky if preferred).
- Stir in chia seeds, and pour into glass jars to cool. (Chia seeds take 1-2 hours to thicken)
- Keep refrigerated

NOTES:

Lovely jam when you are needing a sweet fix without the nasties.
This is the jam I use when making my [Black Forest Cake](#)

CHERRY, RHUBARB JAM

