

Mixed Berry Chia Jam, Ricotta, Sunflower Toast

Serving Size: 1 each

Makes: 4 servings

Jam Ingredients:

2/3 cup Water
2 cup Blueberries
1 TBSP Lemon Zest
1/4 cup Lemon Juice
1/2 cup Maple Syrup
2 cup Raspberries
2 cup Strawberries, capped
1/4 cup Chia Seeds

Toast Ingredients:

4 sliced Multigrain Bread
1/2 cup Part Skim Ricotta
4 TBSP Sunflower Seeds

NUTRITION FACTS PER SERVING

calories	240
total fat (g)	8
saturated fat (g)	2
trans fat (g)	0
sodium (mg)	220
total carbohydrate (g)	33
dietary fiber (g)	4
sugar (g)	9
protein (g)	9



Preparation:

- 1. For the jam:** In a pot combine water, blueberries, lemon zest, lemon juice, maple syrup, raspberries and strawberries. Cook over medium heat until berries let out their juices. Puree fruit with an immersion blender.
2. Add chia seeds to jam and return to heat. Simmer for 1 more minute or just until chia seeds have softened. Chill. Recipe makes extra jam; store in refrigerator.
- 3. To prepare the toast:** Toast bread just prior to serving.
4. Top each slice of 1 bread with: 2 TBSP of berry chia jam, 2 TBSP ricotta cheese crumbled, 1 TBSP sunflower seeds.

PRO TIP: jam is a great way to utilize berries past their prime

RD TIP: look for the word "whole" in the ingredient list of your bread to ensure you're getting whole grains



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