

Natural Yoghurt with Blueberry Chia Jam



Dietary: VEG, GF, EF, NF
Age group: 12 months+
Difficulty level: Beginner

Serves: 9
Prep: 5 mins (+ 30 mins cooling)
Cook: 15 mins

Natural Yoghurt with Blueberry Chia Jam



Egg Free



Nut Free



Gluten Free



Vegetarian

Ingredients

Blueberry Chia Jam

- 2 cups (300g) frozen or fresh blueberries
- 1 tbsp (20ml) maple syrup
- 1 tbsp (20ml) lemon juice
- 2 tbsp (30g) chia seeds

To Serve:

- 1080g natural yoghurt, unsweetened

Tips

- ✓ **Allergies:** For a dairy-free version: Swap natural yoghurt for soy, oat or coconut yoghurt.
- ✓ **Easy ingredient swaps:** Swap blueberries for berries of choice. Swap maple syrup for honey.
- ✓ **Additional boosters:** Top yoghurt with 1-2 tsp of mixed crushed seeds of choice per serve.
- ✓ **For a baby friendly version:** Leave out maple syrup and serve jam pureed.

Method

1. To make the blueberry chia jam, place frozen blueberries into a medium saucepan and add 1-2 tbsp (20-40ml) of water, maple syrup and lemon juice. Cook on low-medium heat for 5 mins, or until berries are softened. Once soft, use a fork or potato masher to mash to desired consistency, or if preferred, blend until smooth.
2. Sprinkle chia seeds over blueberry mixture and mix to combine. Cook on low for another 10 mins. Take off the heat and allow to cool.
3. Serve yoghurt in small bowls.
4. Add 2 tbsp of blueberry chia jam to each bowl.

Serving suggestion: Encourage children to drizzle the chia jam on top of their yoghurt themselves.

Storing leftovers: Store yoghurt in the fridge until expired. Store leftover chia jam in an airtight container or glass jars in the fridge for up to 2 weeks.