



Dark Chocolate & Raspberry Chia Jam Bites

12 servings

8 hours 50 minutes

Ingredients

2 cups Raspberries
2 tbsps Chia Seeds
1 1/3 cups Dark Chocolate Chips
1 tsp Coconut Oil
1/4 tsp Sea Salt (flaky)

Directions

- 1 Line a baking sheet with parchment paper.
- 2 Place the raspberries in a medium-sized bowl and mash with a fork. Add the chia seeds and mix well.
- 3 Using a tablespoon, scoop the raspberry mixture into balls and place them on the prepared baking sheet. Transfer to the freezer. Freeze for eight hours or overnight, until completely frozen.
- 4 Once frozen, melt the chocolate and oil in a saucepan on low or in the microwave for 30-second intervals.
- 5 Use a large spoon or two forks to coat the frozen raspberry bites in melted chocolate and transfer them back to the baking sheet. Garnish with flaky salt and place in the freezer for 10 to 15 minutes just until the chocolate has set. Enjoy!

Notes

Leftovers: Freeze for up to two months. Thaw for five to 10 minutes before serving.

Serving Size: One serving is one raspberry bite.