

# Food Babe's Strawberry Chia Jam with Yogurt and Pistachio Crisp



Prep Time:	Cook Time:	Total Time:	Serves:
10 mins	5 mins	15 mins	2

<https://foodbabe.com/three-no-bake-cool-refreshing-healthy-desserts-just-time-summer>

## Ingredients:

- 16 ounces plain yogurt

## Chia Jam

- 1 cup fresh strawberry, hulled
- 1 tablespoon chia seeds
- 2 tablespoons fresh orange juice
- 1 tablespoon raw honey (get local if possible)

## Pistachio Crisp

- ¼ cup pistachios, chopped
- 2 tablespoons chia seeds
- 1 tablespoon raw sesame seeds
- 1 pinch sea salt
- 2 teaspoons raw honey (get local if possible)

## Instructions:

1. To make the chia jam, place the strawberries (stems removed) in a blender and blend until smooth. Add the chia seeds, orange juice and sweetener, if using. Blend to combine. Place in a glass jar in the refrigerator to allow the chia seeds to expand, at least 1 hour.
2. To make the pistachio crisp, Place a saute pan over medium heat. Add the pistachios, chia seeds and sesame seeds and toast lightly, 1-2 minutes. Drizzle the honey over the nuts and seeds and stir so they begin to form clumps. Take off the heat and let cool.
3. To serve, place 8 ounces of yogurt in a bowl and top with 1-2 tablespoons of chia jam and some of the pistachio crisp. Enjoy!

## Notes:

- Please use organic ingredients if possible