



HEALTHY VILLAGE

WELLNESS CENTER

Sauces & Spread Recipes



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Chia Berry Jam

16 Servings / Prep time: 15 minutes
Vegetarian, Gluten-free

Ingredients

- 2 cups mixed berries (frozen)
- 2 tablespoons chia seeds
- 1 teaspoon vanilla
- Honey, to taste (optional)

Directions

If using frozen berries, let them thaw.

Place berries and chia seeds into a blender and pulse until well combined.
Taste and add honey if necessary.

Cover the mixture and place in the fridge for about 30-60 minutes to set.

Keep leftovers in glass container in the fridge. The jam should stay good for a week.

Source

<https://skinnynms.com/mixed-berry-chia-seed-jam/>



Cherry Chia Jam

4 Servings / Total time: 4 hours 5 minutes
Vegan, Gluten-free

Ingredients

- 2 cups fresh sweet cherries, pitted and de-stemmed
- 1 tablespoon pure maple syrup or more, to taste
- 3 tablespoons chia seeds

Directions

Add the fresh cherries and maple syrup to a high-powered blender. Blend on high for 1-2 minutes or until completely smooth.

Pour into an airtight container and stir in the chia seeds. Cover and refrigerate overnight or for at least 4 hours.

Source

<https://www.blissfulbasil.com/cherry-chia-jam-overnight-oats/>



Fresh Avocado Dill Dip

Ingredients

- 1 avocado
- 1/2 lemon - juice it
- 1 garlic clove
- a bunch of dill

Directions

Chop dill, peel avocado, remove the big seed, juice the lemon, squeeze the garlic clove and put everything in the blender. Blend until smooth and you're ready to dip!



Hot Pepper Hummus

Ingredients

- 2 Zucchini
- 3/4 cup Tahini
- 1 Tbsp Extra Virgin Olive Oil, (for garnish)
- = 1/2 cup Lemon Juice
- = 2 cloves Garlic, minced
- = 1/2 Tbsp Cumin
- = 2 tsp Salt
- = 1/4 cup Red Bell Pepper, finely chopped
- = 1/4 cup Green Bell Peppers, finely chopped
- = 1/4 tsp Red Pepper Flakes
- = 1/2 tsp Salt and Pepper, to taste
- = 2 Tbsp Pine Nuts

Directions

Peel and chop zucchini. Place chopped zucchini in food processor, and pulse. Add in tahini, olive oil, and fresh lemon juice, and pulse again. Add garlic, cumin, and salt, and blend until smooth. Saute chopped peppers and red pepper flakes in olive oil until tender. Add salt and pepper.

In a small saucepan over low heat, lightly toast pine nuts. Garnish the hummus with the spicy peppers and pine nuts.

Notes: This hummus is best served with freshly cut vegetables.