

**Chia Jam & Blueberry Chickpea Bites**  
Recipes adapted from [plantbasedjuniors.com](http://plantbasedjuniors.com)

**Strawberry Chia Jam**

Ingredients:

12 ounces thawed berries

¼ cup orange juice

½ cup chia seeds

½ tsp vanilla

Instructions:

1. Place thawed berries in a blender or food processor and pulse a few times until broken down.
2. Add the berries into a large bowl with orange juice, chia seeds and vanilla. Mix until well-combined.
3. Cover and place in the fridge for 15 minutes. Stir and place back in fridge for 2-3 hours.

**Blueberry Chickpea Bites**

Ingredients:

1 cup oats

1 can chickpeas, drained and rinsed

½ cup creamy peanut butter

8 Medjool dates, pitted

1 tsp vanilla extract

Pinch of sea salt

½ cup dried blueberries

Instructions:

1. Add oats to food processor and pulse until flour-like.
2. Add chickpeas, peanut butter, dates, vanilla extract, and salt
3. Process until ingredients come together into a sticky ball
4. Add blueberries and pulse until incorporated
5. Roll into balls and store in the refrigerator.