GLOBAL · DESSERT · SNACK

Dark Chocolate Berry Chia Jam Bites

15 min · plus about 2½ hours setting · Makes 6 × 1 bite · 140 kcal a portion

Video 9:40 · fitfoodieselma

Vegan · Paleo · Gluten-free ingredients · No nuts listed

Fresh berries set with chia seeds inside a shell of 80% dark chocolate: about 4 g of fibre and a third of a day's plant omega-3 a bite, with about 2 g of added sugar from the maple syrup and 3–4 g in the chocolate.

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Ingredients 6 · MAKES 6 × 1 BITE

- ☐ 65 g **raspberries**
- ☐ 85 g **strawberries**, diced
- ☐ 1½ tbsp **chia seeds**
- ☐ 1 tbsp **maple syrup**
- ☐ 100 g 80% **dark chocolate**
- ☐ 1 tsp **coconut oil** (optional, for a runnier coating)

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: none. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Mash the raspberries and strawberries in a bowl, then stir in the maple syrup and chia seeds. Leave for 20 minutes so the chia seeds swell and the jam thickens. 0:49
2. Spoon 6 dollops of the jam onto a plate lined with baking paper and freeze for about 2 hours, until solid. 1:26
3. Melt the chocolate with the coconut oil in the microwave in 30-second bursts, stirring each time so it doesn't burn. 1:56
4. Working quickly, dip each frozen jam bite in the chocolate until fully coated and put it back on the paper; the chocolate sets almost at once. 2:29
5. Keep in an airtight container in the freezer (up to a month) or the fridge (2 days). Leave frozen bites at room temperature for 20–30 minutes before eating so the filling softens. 2:47

> **Tip** The cook says the batch makes about 6 serves. Use any berries you have. The dipping leaves some chocolate in the bowl, so each bite has a little less than we count.

The method is a summary in our words — the video shows every step.

One portion (1 bite) gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
140 kcal	2 g	14 g	3.8 g	8.9 g	0 mg
580 kJ	4% of a day	9.7 g net · 7.2 g sugars	14% of a day	4.8 g saturated	0% of a day
		5% of a day		11% of a day	

Energy from net carbs 31% · protein 6% · fat 63%

High in (20%+ of a day) Omega-3 35%

Source of (10–19%) Iron 13% · Magnesium 13% · Vitamin C 12%

Recipe and video: fitfoodieselma (@fitfoodieselma) on YouTube — youtube.com/watch?v=cfks5K4b824, published 26 March 2026. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/dark-chocolate-berry-chia-jam-bites