

Jammed Out Cookies (S)

These thumbprint cookies are sure to be a Trim Healthy Community favorite! You can make up a quick batch of preserves, like the Chia Berry Preserves recipe we've included below, or you can use your favorite fruit-sweetened, store-bought jam! Drop the jam or preserves in the center of this beautiful base cookie for a sweet, fruity, and delightful treat!

Makes 12 Cookies

INGREDIENTS:

- 1 ¼ cups [TH Cookie Mix](#)
- 4 Tbs softened or melted butter
(For dairy-free use 4 Tbs coconut oil and a pinch of [TH Mineral Salt](#))
- 1 egg
- ½ tsp [TH Apricot Natural Burst Extract](#)
- 1 tsp [TH Vanilla Natural Burst Extract](#)
- 1 pinch of [TH Mineral Salt](#)
- 1/4 - 1/3 cup fruit-sweetened, store-bought jam (such as Polaner's All-Fruit) – OR – the *Chia Berry Preserves* recipe below, made ahead! (or make your favorite on-plan jam. Avoid using jams made with Glucic or gelatin as they will melt during baking.)



DIRECTIONS:

1. **If making your own jam/preserves:** Plan to make up your batch early in the morning, or the night before, to allow to set up for several hours.
2. Preheat oven to 350°F.
3. Whisk together melted butter (or coconut oil and extra pinch of mineral salt for DF), egg, and extracts.
4. Add Cookie Mix and blend well.
5. Drop by rounded tablespoons onto a parchment-lined cooking sheet or silicone cookie mat and roll the dough into small balls. Create a small indent with thumb or back of spoon.
6. Fill the indent with 1 teaspoon of jam or preserves.
7. Bake at 350°F for 10-12 minutes.



Chia Berry Preserves (FP)

This recipe is used with permission from recipe creator Amanda Espinoza.

This quick and easy jam uses your favorite frozen berries and the gelling power of chia seeds! Use less chia seeds for a thinner result that works wonderfully for a pourable topping or use the full amount for a thicker jam! Stores well in the fridge for up to a week.

Makes about 2 ½ to 3 cups

INGREDIENTS:

- 5 cups frozen mixed berries of choice
- 1/4 – 1/3 cup chia seeds
- 3 - 4 doonks [TH Pure Stevia Extract Powder](#), or to taste



DIRECTIONS:

1. Place berries in a medium pan. Using frozen berries will create moisture as they thaw which is needed for the chia gel to form.
2. Let the berries defrost over medium heat until a decent amount of liquid is formed. This takes about 15-20 minutes.
3. Mash up any large berries if you wish.
4. Turn heat to low and add chia seeds, stirring frequently to prevent scorching. The berries and chia seeds will form your beautiful preserves. This takes about 5-10 minutes.
5. Add stevia to taste.
6. Transfer to a sealable container and store in fridge.

This and other delicious TH recipes can be found at www.TrimHealthyMembership.com