



Peanut Butter Chocolate Chia Jam Bites

The First Bite That Stole My Heart

I still remember biting into my first peanut butter chia jam bite. The cold chocolate cracked, revealing sweet-tart jam and creamy peanut butter. It was like a dessert hug on a rough day. **Ever wondered how three simple layers could make magic in your mouth?** Now I keep a batch in my freezer always. Try them—you'll see why.

My Kitchen Disaster Turned Win

My first try? I skipped freezing the peanut butter layer. The jam sank right through, making a sticky mess. But the flavors still wowed my book club. **Cooking teaches us to embrace the messy middle.**

Perfection isn't the goal—joy is. Have you ever salvaged a kitchen oops into a win?

Why These Bites Work So Well

- The chia jam thickens just right, giving a fruity punch without drips. - Dark chocolate balances the sweet peanut butter for grown-up vibes.

Which flavor combo surprises you most—peanut butter and berry, or chocolate and chia? Share your pick below!

A Bite-Sized History

These bites mix old and new. Chia seeds fueled Aztec runners, while peanut butter became a U.S. staple in the 1900s. *Did you know raspberries are part of the rose family?* Now we mash them up with modern ease. Freezer treats like these prove good ideas never go stale. What's your favorite no-bake dessert?



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Ingredients:

Ingredient	Amount Notes
Natural peanut butter	1/2 cup
Berries (raspberries & blackberries)	2 cups
Water	1/4 cup
Chia seeds	2 tbsp
Honey	1 tbsp
Semi-sweet chocolate chips	3/4 cup

How to Make Peanut Butter Chocolate Chia Jam Bites

Step 1 Grab a silicone mini muffin pan. Spoon 1.5 tsp peanut butter into each cup. Freeze until hard. This keeps layers neat.

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Step 2 Simmer berries and water until soft. Mash any stubborn bits. Stir in chia seeds and honey. Let it thicken. (*Hard-learned tip: Let jam cool fully. Warm jam melts peanut butter.*) **Step 3** Spread cooled jam over peanut butter. Freeze again. Melt chocolate gently. Pour over jam. Freeze until solid. **What's your go-to berry combo? Share below!**

Cook Time: 20 minutes **Total Time:** 2 hours (with freezing) **Yield:** 16 bites **Category:** Snacks, Dessert

Fun Twists to Try

Almond Joy Swap peanut butter for almond butter. Top with shredded coconut. **Spicy Kick** Add a pinch of cayenne to the chocolate. Sweet

heat wins. **Winter Twist** Use cranberries instead of berries. Festive and tart. **Which twist would you try first? Vote in the comments!**

Serving & Sipping Ideas

Serve bites on a pretty plate. Add fresh berries for color. Pair with vanilla ice cream. Sip cold milk or coffee. For a grown-up treat, try bourbon-spiked cocoa. **Which would you choose tonight?**



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Storage Tips for Your Bites

Keep these bites in the freezer for up to a month. They thaw fast, so eat them cold for best texture. Batch-cooking? Double the recipe—they disappear quick! *Fun fact: chia seeds thicken the jam naturally.* Why this matters? No weird additives, just simple goodness. Ever tried freezing treats in glass jars? Share your tips below!

Fix Common Bite Problems

Jam too runny? Simmer it longer or add extra chia seeds. Chocolate cracking? Let it cool slightly before pouring. Peanut butter too soft? Freeze it longer before adding layers. Why this matters? Small tweaks make perfect bites. My neighbor's kids once gobbled these straight from the pan—messy but worth it! Which layer do you struggle with most?

See also Chocolate Cocoa Krispie Marshmallow Bars

Your Questions, Answered

Q: Can I use almond butter instead? A: Yes! Any nut butter works.

Q: How far ahead can I make these? A: Prep them a week ahead—they freeze well. **Q: Are these gluten-free?** A: Yes, if your chocolate chips are gluten-free. **Q: Can I swap maple syrup for honey?** A: Absolutely, same amount. **Q: Want to halve the recipe?** A: Use a quarter-cup peanut butter and adjust other ingredients.

Final Bite of Wisdom

These bites are my go-to for quick energy. Sweet, salty, and packed with goodness. *Fun fact: blackberries add extra fiber!* Tag **@SavoryDiscovery** on Pinterest with your creations. Did you try a fun twist? Tell me in the comments! Happy cooking! —Elowen Thorn.

You need to try !



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Difficulty: **Beginner**

Prep time:



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Cook time:

Total time:



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Servings:

Best Season: Summer

Description

Enjoy these delicious Peanut Butter Chocolate Chia Jam Bites with

layers of peanut butter, chia jam, and melted chocolate.

Ingredients

- 1/2 cup natural peanut butter
- 2 cups berries (raspberries & blackberries)
- 1/4 cup water
- 2 tbsp chia seeds
- 1 tbsp honey
- 3/4 cup semi-sweet chocolate chips

Instructions

1. Divide the peanut butter into 16 mini muffin cups. Use a silicone mini muffin pan for easy removal. This will be about 1.5 tsp of peanut butter per cup.
2. Place the muffin pan in the freezer until the peanut butter is hardened.
3. While the peanut butter layer is in the freezer, make the chia berry jam. Add the berries and water to a small pan or saucepan on the stove over medium heat. Simmer until all the berries have mostly broken down. Smash any that remain more intact.
4. Turn the heat to low. Add the chia seeds and honey to the berries. Combine and let simmer for another 2-3 minutes.
5. Remove the pan from the heat and let the jam cool for 5 minutes. Then add the jam to a container to cool further. The more you let the jam cool, the easier the next step will be.
6. Remove the muffin pan from the freezer. Add the berry chia jam on top of the hardened peanut butter layer. Cover the peanut butter layer completely, leaving room for the final chocolate layer. You may have leftover jam.

7. Place the muffin pan back into the freezer until the jam layer has hardened.
8. Meanwhile, add the chocolate chips to a double boiler to melt. Alternatively, melt the chocolate in 15-30 second intervals in the microwave, stirring between each interval until melted.
9. Remove the muffin pan from the freezer. Add the melted chocolate on top of the jam layer, dividing it evenly among the muffin cups.
10. Place the peanut butter chia jam chocolate bites back into the freezer to freeze completely.
11. Once frozen, store in the freezer. Enjoy.

Notes

For easier removal, use a silicone mini muffin pan. Store in the freezer for best results.

Keywords: Peanut Butter, Chocolate, Chia Seeds, Berries, Bites

See also Lemon Meringue Cupcake Delights