



Chia Seed

Jam

Ingredients

2 c fruit
1—2 T lemon juice
1—2 T honey or agave nectar
2 T chia seeds

Directions

Prepare fruit: wash, remove stems/pits, chop large pieces.

Cook fruit until it softens and breaks down. Mash the fruit until you reach desired consistency. Remove from heat.

Stir in sweetener, lemon juice and chia seeds. Let stand 5 minutes.

Transfer to storage container (such as a mason jar.) Keep refrigerated and use within 2 weeks.

Tip: Start with a frozen triple berry mix to make this recipe even easier.