

BERRY CHIA JAM

Makes 14 servings



This naturally sweet jam is great on everything from toast with nut butter to yogurt. Even better - it includes berries and chia: both anti-inflammatory and heart health-promoting foods.

Ingredients

- 8 oz frozen mixed berries
- 2 Tbsp water
- 1 Tbsp chia seeds
- ½ tsp lemon juice
- 1 tsp maple syrup (optional)

Directions

1. Combine berries, water, and chia seeds in a small saucepan and heat over low-medium heat.
2. Bring to a boil.
3. Reduce heat to low and cover. Cook until the berries begin breaking down, about 8 minutes, stirring occasionally.
4. Stir in maple syrup, if desired.
5. Break down any remaining whole berries with a spoon and stir in lemon juice.
6. Place in a jar and refrigerate. Serve cold.

