

# Chia Berry Jam

5 ingredients · 30 minutes · 10 servings



## Directions

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1. Place Frozen berries into a sauce pan on low and heat just until they are defrosted and the juices start to run.
2. Take a fork and smash the berries until you reach the desired texture of your jam. I like to leave some of the fruit intact.
3. Remove the jam from the heat and add in the honey or sweetener of choice and chia seeds. Mix until well combined.
4. Let the mixture sit for 15 minutes and then give the jam another stir. Taste the jam and add any additional sweetener and vanilla.
5. Let sit for an additional 15 minutes (30 minutes total).
6. If you like jam with a little bit of texture, you are done! If you like it nice and smooth, feel free to pulse it in a small blender or food processor.
7. Place in a small glass container, cover it with a lid and store in the fridge for up to 5 days.
8. Enjoy on toast, in oatmeal, over yogurt in a parfait or even poured over vanilla ice cream. Yum!

## Ingredients

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- 1 cup** Frozen Raspberries
- 1 cup** Frozen Blueberries
- 2 Tbsps** Chia Seeds
- 1 Tbsp** Raw Honey (or substitute maple syrup or freshly squeezed orange juice)
- 1/2 tsp** Pure Vanilla Extract (add more or less to taste)