

Chia Seed Jam



INGREDIENTS

2 c fresh or frozen fruit
2 T chia seeds
1 T lemon juice
1–2 T honey or maple
syrup (if needed)

DIRECTIONS

Heat the fruit in a saucepan over medium-high heat, stirring often, until the fruit is heated and begins to break down. Using a spoon, mash the fruit to the desired consistency.

Stir in the chia seeds and lemon juice, taste and add 1 or 2 tablespoons sweetener if needed. Remove from heat and let cool for 5 minutes, allowing the jam to thicken.

Give the jam another stir to fully incorporate. Serve immediately or transfer to a mason jar. Keep in refrigerator up to one week, or freeze up to three months.

NOTES

Frozen berries work well in this recipe. Certain fruits, like apples, may require a bit of water to reach desired consistency.