

# CHIA SEED FRUIT JAM

adapted from thebusybaker.ca

---

Yield: about 1 3/4 cups

Prep Time: less than 5 minutes

Cook Time: 20 - 25 minutes

Storage: refrigerate up to 2 weeks; freeze 3 months

---



## Ingredients

- 1 - 1 1/2 pounds fresh or frozen berries (blueberries, raspberries, blackberries, strawberries)\*
- 2 - 3 tablespoons honey, depending on the sweetness of your berries
- 2 tablespoons chia seeds

\*Note: If using frozen berries, it helps to cut down on cooking time if they are defrosted first.

## Directions

1. Add berries and honey to a medium saucepan and cook over medium heat, stirring occasionally until the berries soften and begin to break down/fall apart.
2. Use a spoon, fork, or potato masher to carefully mash the berries to your desired consistency.
3. Let the mashed mixture come to a slow boil, stirring occasionally to prevent burning. Once you see bubbles on the surface, add the chia seeds.
4. Stir well to distribute the chia seeds evenly throughout the mixture. Cook for about 10 minutes to help reduce the water content, stirring occasionally to prevent the chia seeds from clumping. *You may need to cook the mixture for a longer length of time if the fruit you used is particularly juicy.*
5. Remove from heat and let the mixture cool for about 5 minutes. Serve immediately for a warm jam. Otherwise, pour into an airtight jar and let cool to room temperature before storing in the fridge. As the mixture cools, the chia seeds will continue to gel and create a thicker, more jam-like texture.