

Blueberry Chia Jam

Yield: About 1 cup

Ingredients:

- 1 bag (12 ounces) frozen organic blueberries
- 1 to 2 Tablespoons honey, or maple syrup
- 1 Tablespoon chia seeds

Directions:

1. In a medium saucepan, combine the berries (no need to defrost if they are frozen) and sweetener. Cover and bring to a simmer over medium heat, stirring frequently. Once the berries are warmed throughout and saucy (5 minutes or more), lightly mash the berries with a potato masher or fork.
2. Reduce the heat to medium low. Stir in the chia seeds and cook, stirring frequently, until the jam is reduced and thick (15 to 20 minutes). Note that the jam will further thicken up as it cools. Remove the pan from heat and add more sweetener if you'd like.