



Chia Seed Blackberry Jam

INGREDIENTS

Blackberries - 2 cups
Coconut Nectar - 4 tbs
Chia Seeds - 2 tbs
Lemon Zest - 1 each

PREPARATION

1. Place your blackberries and coconut nectar in a pot and turn the heat on to medium.
2. Bring the fruit to a boil to dissolve the nectar and break down the fruit.
3. Take off the heat and add in your chia seeds and lemon zest. (If you desire a smoother jam you can blend in a blender or just mash more with a fork BEFORE you add in your chia seeds.)
4. Put the jam into a jar and let cool in the fridge for the chia seeds to hydrate and thicken up the fruit.

Tip: This method will make a delicious jam alternative than sugar laden jams and one that keeps fresh fruit, well, tasting fresh! This recipe will work with all berries

share your pictures with us 