



FRUITY JAM

MAKES 6 SERVINGS

Ingredients:

- 1 c frozen fruit (blackberries, strawberries, blueberries, etc.)
- 1 Tbsp water
- 1 Tbsp chia seeds
- ½ Tbsp honey

Directions:

Heat the fruit and water in a small saucepan on the stove until boiling. Remove from heat and mash the fruit to achieve the desired jam consistency. Mix in chia seeds and honey. Store jam in an airtight container in the refrigerator.