



Chia-Berry Jam

Makes 8 half-pints

Ingredients:
7 cups berries
14 T honey
7 T water
7 T chia seeds



Directions:

Soak chia seeds in water for 10 minutes (optional). Place in blender with berries and process until it reaches your desired texture. The mixture will thicken after about 1 hour in the refrigerator.

Taste and add more honey or sweetener if desired.

Pour into jelly jar and store in the refrigerator or freeze.