

Blueberry Chia Jam



VEGAN



VEGETARIAN



GLUTEN FREE



DAIRY FREE



Ingredients

- 10 ounce bag frozen blueberries (about 2 cups), thawed
- 2 tablespoons chia seeds
- Optional: Sweetener to taste (honey, maple syrup, etc.)

Directions

1. Mash blueberries with a fork.
2. Add optional sweetener to taste, then mix in chia seeds.
3. Refrigerate for at least 1 hour to set. Add more chia seeds to thicken if necessary. Store in the refrigerator up to 5 days.

Notes

To make this recipe vegan, do not use honey.

Serving suggestions: plain yogurt, oatmeal, or whole grain baked goods.

Try other berries too - raspberries, blackberries, or strawberries

Recipe from Cook Well Berkeley: Cooking Carb Smart, Spring 2014