

Summer Berry Chia Jam

(Adapted from Carleigh Bodrug's recipe "Strawberry Chia Jam" in her cookbook *Plantyou*)

This is a super simple recipe that is also incredibly versatile! While you can make this jam any time of year with frozen berries, it's great to celebrate the beauty of berry season with fresh varieties, too.

Not only do you have a ton of vitamin C from the berries themselves, but berries of all types are wonderful sources of fiber and won't spike blood sugars, making them a key fruit for diabetics. The chia seeds also provide fiber and are a cost-effective way to add omega-3's into your diet. Omega-3's help reduce inflammation, assist in lowering triglycerides, and improve cognitive function.

Ingredients

Makes 6 servings

- 2 cups sliced fresh strawberries (or any berry, fresh or frozen)
- 2 tablespoons chia seeds
- 1 tablespoon pure maple syrup

Directions

1. Place berries and maple syrup in a saucepan. Cover and cook over medium heat for 6 to 10 minutes, or until the berries are soft.
2. Once the berries are soft, crush them with a fork or masher until you achieve an applesauce-like consistency.
3. Remove from the heat and let cool, then transfer the mixture to a jar.
4. Add the chia seeds and mix. Let the jam sit for a few minutes before serving.
5. The jam will be more "jammy" after refrigeration. Store in the fridge for up to 5 days.

