



Chia Seed Blueberry Jam



Ingredients

- 2 cups blueberries
- 2 tablespoons honey
- Zest from 1/2 of a small lemon
- 1 1/2 tablespoons chia seeds

Prep Time

TOTAL TIME: 22 MIN

- Prep: 2 min
- Cook: 20 min

Directions

- Add the blueberries, honey and lemon zest to a medium saucepan.
- Cook on medium high, stirring occasionally for 5 minutes or until the blueberries release some juice and start to bubble and boil.
- Turn the heat down to medium, and cook, stirring frequently for 10 minutes. Use a wooden spoon to smash the blueberries open while you stir.
- Turn the heat down to a simmer and stir in the chia seeds. Continue to cook, stirring frequently for 5 minutes. The jam will start to thicken.
- Turn off the heat and allow to cool. The jam will continue to thicken as it cools.
- Transfer to an 8 oz. jar.
- Keep refrigerated and use within a week.

Dairy Free
Gluten Free