

Berry Chia Jam

Ingredients

- 1 c. frozen blackberries
- 1 c. frozen raspberries
- 1 c. frozen blueberries
- 2 T. maple syrup
- 2 T. chia seeds

Instructions

- Add berries and maple syrup to a medium sized pot over medium-high heat and bring it to a boil. Turn down to low and simmer for 5-10 minutes. Mash berries with the back of a spoon or potato masher for the desired consistency.
- Remove from heat and stir in chia seeds.
- Let sit to thicken for 30 minutes.
- Keeps in fridge for 1-2 weeks, or can be frozen!

Notes

- **You can skip the “cooking” of the berries by combining everything together and placing in the fridge overnight. Mix and mash in the morning for a fresh jam! Cooking the berries, however, brings out the flavor of the berries. If you use fresh berries, it is best to cook them to release the juices.**

Chia Seeds

From authoritynutrition.com

- Chia seeds are tiny black seeds from the plant *Salvia Hispanica*, which is related to the mint. This plant grows natively in South America.
- Chia is the ancient Mayan word for “strength” and is now recognized as a modern-day superfood by health-conscious people all over the world.
- Despite their tiny size, chia seeds are among the most nutritious foods on the planet. They are loaded with fiber, protein, Omega-3 fatty acids and various micronutrients.
- Chia seeds are 40% fiber, by weight. This makes them one of the best sources of fiber in the world and gives them the ability to absorb 10-12 times their weight.
- Chia seeds are high in calcium, magnesium, phosphorus and protein. All of these nutrients are essential for bone health.
- A study in type 2 diabetics showed that chia seeds can significantly lower blood pressure and a marker for inflammation.
- To top things off, chia seeds are a “whole grain” food, are usually grown organically, are non-GMO and naturally free of gluten.