

Triple berry jam

7 ingredients · 20 minutes · 16 servings



Directions

1. Add the berries, water, vanilla and cinnamon, if using, to a pot over medium heat. Bring to a simmer and continue to cook until the berries are tender and the mixture is juicy, about 10 minutes.
2. Remove the cooked berries from the heat and stir in the chia seeds. Let cool slightly.
3. Transfer the mixture to a blender and blend until smooth, about a minute if you prefer a smooth jam!. If the jam is too thick, add a tablespoon of water a time until desired consistency is reached.
4. Let it cool completely then transfer to an airtight jar or container and refrigerate until ready to use. Enjoy!

Ingredients

- 1 cup Strawberries
- 1 cup Raspberries
- 1 cup Blueberries
- 1/2 cup Water
- 1/2 tsp Vanilla Extract
- 1/4 tsp Cinnamon (optional)
- 3 tbsps Chia Seeds

Notes

Leftovers

Refrigerate in an airtight container for up to seven days or freeze for up to two months.

Serving Size

One serving is approximately 2 tablespoons.

No fresh berries

Use frozen berries instead.

How to Use

Spread on toast, muffins, rice cakes or crackers. Use as a topping for oats, or in any recipe that calls for jam.

Freeze

I like to freeze in small jars for winter use and a taste of summer!