

Berry Chia Seed Jam

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Recipe adapted from Jess' Journey To Healthy on YouTube

2 Tbsp, 0 FSP

- 2 cups assorted berries, large berries need to be chopped
 - 1 1/2 Tbsp chia seeds
 - 2 Tbsp corn starch
 - 3 Tbsp water
 - 3 Tbsp zero calorie sweetener (or 3 packets of sweetener of choice)
1. In a heavy, medium sauce pan, combine berries, cornstarch, chia seeds, sweetener and water
 2. Cook over medium heat, smashing berries down with a potato masher once they get soft.
 3. Let cook at a soft boil for about 8-10 minutes stirring frequently. Let cool. Store in refrigerator for up to two weeks.