

## Berry Chia Jam

### Ingredients:

- 2 cups organic berries (approx. 450 gr)
- 3 tbsp. chia seeds (white or black)
- 3 tbsp. orange juice, lemon juice or water, freshly squeezed
- 3 tbsp. maple syrup, raw honey or 5-6 drops of liquid stevia

### Directions:

1. Wash the berries, if using strawberries be sure to remove the leaves. If using frozen berries, de-thaw them first for at least an hour.
2. Mash the berries with a fork or blend them in a food processor.
3. Add the sweetener, orange juice, lemon juice, or water and chia seeds to the mashed berries and mix well.
4. Pour jam into an airtight glass jar and place in the refrigerator for an hour to thicken.

**Tip:** Enjoy with toast, crackers, waffles, pancakes, etc. This jam is a great option for diabetics.