

# Healthy 3-Ingredient Chia Seed Blueberry Jam

**This Healthy 3-Ingredient Chia Seed Blueberry Jam is a great healthy alternative to conventional jam! It's made with 3 healthy, natural, whole-food ingredients and it's quick and easy to make!**

## Ingredients

- 2 cups frozen blueberries
- ¼ cup honey, Maple syrup or another alternative sweetener like monk sugar
- 2 tablespoons chia seeds
- Pinch of salt
- ½ fresh squeezed lemon juice

## Directions

1. Add the frozen berries to a small saucepan and heat over low to medium heat, stirring occasionally, until thawed and juicy, about 5-7 minutes.
2. Once the berries have thawed, use a fork or potato masher to mash to your desired consistency.
3. Stir in 2 tbsp of chia seeds. If you're using sweetener, add it now with the lemon juice and salt then adjust to taste. Let it cook on low an thicken to your Desired thickness. Turn the heat off and let the pot sit on the element for 5-10 minutes to thicken.
4. Enjoy right away or transfer to a sealed container and store in the fridge. It will continue thickening in the fridge and will keep for up to 1 week.

## Notes

- This jam keeps for up to two weeks in the fridge and up to 2 months in the freezer. This jam is not shelf stable.

