



## **Berry Chia Jam**

**Prep Time:** 5 minutes

**Cook Time:** 5 minutes

**Yield:** 1 cup

### ***Ingredients***

1 cup overripe berries

1 tablespoon honey

1/8 teaspoon cinnamon

1 tablespoon chia seed

### ***Preparation***

- 1.** In a small saucepan combine the berries and honey. Bring to a boil, stirring frequently.
- 2.** Reduce heat and stir in the cinnamon and chia seeds. Bring just to boiling; reduce heat. Simmer, uncovered, 5 minutes or until thickened. Remove from heat and cool.
- 3.** Store in refrigerator for up to 1 week.

***Recipe provided by Chef Teresa Hansen [www.chefhansen.com](http://www.chefhansen.com)***