

NO-SUGAR JAM

Equipment

Hand Blender

Ingredients

1	cup	blackberries
1	medium	peach, peeled, pitted, diced
3	tbsp	honey, maple syrup, or sweetener
2	tbsp	chia seeds
1	tbsp	lemon or lime juice and zest



Directions

- In a small saucepan over medium heat, combine the blackberries, peach, and lemon juice and zest, if using (or substitute fruit of choice, amount directed below).
- As the mixture begins to boil, mash the fruit with the back of a fork until it breaks down. This should take 5 minutes, give or take a few minutes depending on the type of fruit used.
- Remove the pan from the heat. Stir in the honey, starting with 1 to 2 tablespoons. Taste, and add more honey (or sweetener of choice) to your liking.
- Add the chia seeds and stir to incorporate. Let the jam set for about 5 minutes to thicken. Cool and transfer to a jar or air-tight container and refrigerate.

Notes

The jam will keep for approximately 2 weeks in the fridge and may be frozen. You can substitute 10-12 oz of any berry and add peach, apricot or nectarine.