

Berry Jam

No Sugar Added

THE JAMES
Mobile
Education
Kitchen

Items Needed: small saucepot, mixing spoon, jar or storage container, blender (optional.)

Makes: Approx 1-1 ½ cup “Jam”

Ingredients:

- 2 cups fresh or frozen berries of your choice
- 1 tbsp chia seeds
- 2 Tbsp water
- 1 tsp lemon juice
- Pinch of salt

Directions:

1. Add berries, water and lemon juice to saucepot and heat over medium high heat until the berries begin to cook down.
2. Once the mixture begins to bubble reduce heat and allow to reduce and thicken slightly.
3. Add a pinch of salt and puree with either an immersion blender or in a regular blender.
4. Mix in the chia seeds and place in a storage container, this will keep for approx. 5-7 days in the refrigerator, or you can freeze small amounts to be thawed at later times.

Nutrition Information (per 1/2 recipe):

Calories: 10 Fat: 0.3 g Carbs: 2 g Protein: 0.2 g Fiber: 0.5 g Sodium: 10 mg

<https://wexnermedical.osu.edu/nutrition-services>

