

Blackberry chia jam

Prep Time: 5 mins

Cook Time: 10 mins

Ingredients

3 cups blackberries (fresh or frozen)
2 tbsp lemon juice
2 tbsp maple syrup
2 tbsp chia seeds

Method

1. Place berries, lemon juice and maple syrup in a saucepan and bring to the boil
2. Reduce heat to medium and cook the berries until they release their juice and soften, usually 5 – 6 minutes
3. Reduce heat, add the chia seeds and continue to cook for 2 – 3 minutes, stirring well
4. Remove from the heat, squash berries with a potato masher and leave to cool
5. Transfer into an airtight glass container and store in the fridge for up to a week