Berry Harvest Jam

**Ingredients**
- 5 cups fresh or frozen blueberries, or berries of your choice
- 4 Tbsp honey, or to taste
- Pinch of salt
- 2 Tbsp chia seeds

**Directions**
1. Add berries, honey, and salt to a medium saucepan and cook over medium-high heat. Stir occasionally until the berries are heated through and start to fall apart, about 5-10 minutes.
2. Use a fork, potato masher, or hand blender to carefully mash the berries to your desired consistency.
3. Let the berry mixture come to a slow boil. Add the chia seeds to the pan and stir well to distribute the seeds evenly.
4. Turn the heat down to low and cook for about 15-18 minutes to evaporate the water and thicken the jam, stirring occasionally.
5. Remove saucepan from the heat and let the jam cool a bit before serving. Alternatively, pour jam into an airtight container and let cool to room temperature before storing in the refrigerator. The jam will continue to thicken as it cools.

**Tip:** Pair this jam with yogurt, oatmeal, or toast.

**Yields:** 2 cups  
**Prep time:** 1-2 minutes  
**Cook time:** 20-28 minutes  
**Total time:** 20-30 minutes  
**Storage:** refrigerate up to 1 week

Recipe adapted from thebusybaker.ca