



SECOND HARVEST
of SILICON VALLEY



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

Yields: 2 cups

Prep time: 1-2 minutes

Cook time: 20-28 minutes

Total time: 20-30 minutes

Storage: refrigerate up to 1 week

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.

Recipe adapted from thebusybaker.ca