





United States Department of Agriculture

## **BLUEBERRY CHIA JAM**

Yields 8 servings

Cook Time: 15 minutes

1 pound fresh blueberries  
Zest and juice of one orange  
2 tablespoons sweetener  
3 tablespoons chia seeds

1. Heat blueberries and orange juice together in a saucepan over medium heat. Simmer for 8 minutes until berries soften. Mash berries with fork.
2. Remove from heat. Stir in sweetener of your choice, orange zest, and chia seeds.
3. Let jam cool for 5-10 minutes. As it cools, it will thicken.
4. Serve on toast or yogurt. Enjoy!

Recipe adapted from © 2019 InsideBruCrewLife.com

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