


# Four Berry Chia Jam

 Ready in 15 minutes



Meal Type:  
**STAPLE/MARINADE/DRESSING**

Preparation Difficulty:  
**EASY**

Program Phase:  
**ALL PHASES**

Preparation Time:  
**PREP: 5 minutes**  
**COOK: 10 minutes**




## **INGREDIENTS (12-16 SERVINGS):** (1 SERVING = 2 TBS)

2 cups mix of frozen berries raspberry, strawberry, blackberry, blueberry

2 tbsp chia seeds

Optional: 1/2 tsp stevia or monkfruit

Optional: 1 tbsp lemon juice

 **TIP: USE ON TOP OF YOGURT, CHIA PUDDING, OATS (PHASE 2 & 3 ONLY)**

1. In a medium saucepan, over medium heat, add the berries and stir.
2. Cook for about 5-10 mins, stirring occasionally until the fruit is broken down and a jam like consistency has formed.
3. Optional step: after the fruit has become jammy add the stevia and/or lemon juice and stir.
4. Remove pan from stove and let jam cool briefly before storing in a jar
5. Transfer jam into a jar or other glass container (careful as the glass may be warm/hot at first). Seal and put in the fridge to finish setting. Store in the fridge for up to 2 weeks.

**#EATGOODFEELGOOD**