



Makes 4 cups
Preparation Time: 15 minutes
Cook Time: 15 minutes

INGREDIENTS:

2 cups sliced fresh strawberries
2 cups fresh blackberries
2 cups fresh raspberries
½ cup pure maple syrup
¼ cup chia seeds
6-inch stick cinnamon

Blackberry, Raspberry, and Strawberry Jam Recipe with Chia Seeds

Preserve juicy summer produce with this simple blackberry, raspberry, and strawberry jam recipe that's free from refined sugars. Feel free to use just strawberries or any combo of berries you'd like; the important thing is just to have 6 cups total berries. For this wholesome, delectable jam, the berries are stewed with maple syrup and cinnamon sticks, adding a hint of a warming spices. **Chia seeds** contribute fiber to the jam and help bind it together without using traditional thickening agents so you get the purest, most delicious end result possible! Serve with whole grain toast, **nice cream**, smoothies, corn bread, pancakes, or over a bowl of fresh fruit.

By Nancy Macklin, RDN

- 1** In a large saucepan combine half of each of the berries and the maple syrup. Bring just to boiling, stirring frequently; reduce heat to medium-low. Simmer, uncovered, 5 minutes. Remove from heat.
- 2** Lightly mash berry mixture. Stir in the remaining berries, the chia seeds, and stick cinnamon. Bring just to boiling; reduce heat. Simmer, uncovered, 10 minutes or until thickened. Remove from heat. Remove and discard cinnamon.
- 3** Ladle hot jam into clean half-pint jars or airtight containers (leave ½-inch headspace if freezing). Seal. Store in the refrigerator up to 3 weeks or freeze up to 6 months.