

Recipe for: BLACKBERRY BASIL CHIA JAM

INGREDIENTS

- 2 cups fresh blackberries
- 2 tablespoons chia seeds
- 8-10 basil leaves, destemmed
- 2 tablespoons maple syrup

DIRECTIONS

1. Place blackberries in a small saucepan over medium heat.
2. As the blackberries heat and begin to release juices, use a potato masher to smash the berries. Continue to heat and mash for about 3-5 minutes.
3. Add chia seeds and let simmer for another 2-3 minutes, stirring as needed to avoid burning.
4. Remove from heat and spoon mixture into a food processor. Add basil and maple syrup to processor and mix until smooth.
5. Let it cool to thicken further. Store in an airtight container in the refrigerator for about a week.