



berry chia jam

you'll need: 2 cups fresh berries 2 tbsp. real maple syrup
1 tbsp. lemon juice 2 tbsp. chia seeds

directions:

1. Prepare the fruit. Remove stems and pits, if any. Hull and chop strawberries. Small berries can be left whole.
2. In a medium saucepan, combine the berries, maple syrup, and lemon juice. Cook over medium high heat for 5-10 minutes, stirring frequently until saucy. Mash the berries lightly a bit with a fork.
3. Stir in the chia seeds and reduce the heat to medium low. Cook for another 15-20 minutes, stirring frequently until the sauce thickens.
4. Remove from heat. Once the jam has cooled to room temperature, transfer to a jar. Your chia jam can be stored in the fridge for up to one week.
Spoon onto oatmeal, yogurt, toast, ice cream.

Cottagecore GALORE

RECIPE FROM MY OTHER BOOK:
MAKE YOURSELF COZY: A GUIDE FOR PRACTICING SELF-CARE

RECIPE CARD | Print on heavy cardstock and cut out along the dotted line.
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