Chia Fruit Jam

Ingredients:
2 cups fruit (fresh or frozen)
2 Tbsp. chia seeds
Sugar to taste (up to 2 Tbsp.)

Directions:
1. Cook fruit in pot on low to release juices. Mash the fruit as it cooks.
2. Take fruit off of the heat. Add sugar to taste.
3. Add chia seeds and stir well.
4. Allow to thicken (about 5 minutes). OPTIONAL: blend jam mixture if desire a smoother texture.
5. Serve warm or store. Store in refrigerator up to 1 week or freezer up to 3 months.

Makes 12 servings. Serving size about 2 Tbsp.

Nutrition Facts: 31 calories, total fat 1g, potassium 10 mg, total carbohydrate 6 g, dietary fiber 2 g, vitamin C 3%, calcium 3%, iron 2%