

DEWBERRY CHIA SEED JAM

Ingredients:

2 quarts dewberries, fresh or frozen

8-10 tablespoons agave nectar (to taste)

¼ cup chia seeds

2 teaspoons vanilla extract

Directions:

1. In a medium-sized saucepan, bring the berries to a low boil, stirring frequently. Reduce heat to low and simmer until the berries soften, about 5 minutes. Lightly mash the dewberries with a potato masher or fork. Leave some berries in chunks for texture.
2. Stir in the agave nectar and chia seeds. Cook the jam on low until it thickens, about 5-7 minutes. Make sure you stir the jam so that it doesn't stick.
3. Remove the jam from the heat and stir in the vanilla extract. Let jam cool to room temperature. Pour in a glass jar or air-tight container and store in the refrigerator. The jam will keep in the fridge for up to two weeks.

Note: Jam can be frozen in an air-tight container.

Yield: About 3 cups of jam.

Holden Boulware

Angelina County

Intermediate - Fruits and Vegetables