



Blackberry Ginger Chia Jam

Prep Time: 2 mins Cook Time: 10 mins Total Time: 12 mins. Yield: 1 1/2 cups

Author: Katie Musicco

dips, vegan, glutenfree

INGREDIENTS

2 cup blackberries

1/2 cup water

1/2 cup coconut palm sugar

1 tsp dried ginger

4 tablespoons chia seeds

INSTRUCTIONS

Bring water to a boil.

Add coconut palm sugar and stir until it dissolves.

Remove from heat and stir in dried ginger.

Pour the coconut palm suga-ginger water into a blender and blend with blackberries until smooth.

Add chia seeds to the mix and stir until well blended.

Place in a jar or sealed container in fridge for at least 1 hour.

Will keep in fridge for up to a week.