



LOVE
FOOD
hate waste

Did you know we throw out
16 million berries
every day in Canada?



TIP

Wash berries only when you are ready to eat them. If they start to get mushy, try our **Blueberry Chia Seed Jam**.

More tips at: lovefoodhatewaste.ca

Blueberry Chia Seed Jam

Use all blueberries or mix in other fresh or frozen fruit that needs to be used up.



SERVES: 2 cups of jam

PREP TIME: 15 min

INGREDIENTS

2 cups fresh or frozen blueberries

¼ cup water

1 Tbsp honey or other sweetener

2 Tbsp chia seeds

- 1 Bring fruit and water to boil in pot. Reduce heat and simmer for 5 minutes.
- 2 Mash fruit for finer texture.
- 3 Add honey and chia seeds and simmer for another 5 minutes, stirring frequently.
- 4 Taste and adjust sweetness.
- 5 Remove from heat and cool completely. Jam will thicken as it cools.
- 6 Pour into jars, seal tightly and keep refrigerated for 1 week or freeze.

#EveryBiteCounts

