



**GENESIS**  
-HEALTH REVOLUTION-

# ← *Recipe Card* →

## Homemade Refrigerator Jam

### INGREDIENTS:

- 2# favorite organic SWEET fruit: strawberry, blueberry, peaches
- 2-4 TBS chia seeds
- Whole food liquid sweetener of choice: honey, agave, stevia— to taste
- 2-3 jelly jars with lids

### DIRECTIONS:

- Put fruit in a pot and mash with a potato masher until mashed well. (or you could pulse in a Food Processor).
- Add chia seeds, and sweetener of choice.
- Heat over medium heat, stirring occasionally, until fruit is soft. (if needed you can add a wee bit of water if it seems as though it's too thick).
- Transfer hot jam into jars. Put lids on and put in refrigerator. As the jars cool, it will create a vacuum seal on the jars.
- These are NOT shelf stable, they must be kept in the refrigerator.



