



## [Blackberry Refrigerator Jam Recipe](#)

Recipe found on [AnnsEntitledLife.com](#)

Prep Time: 5 minutes

Cook time: 25 Minutes

### Ingredients:

- 12 oz Blackberries
- 1 TBSP Lime Juice
- 1 tsp Sweetener (truvia, spenda, etc)
- 2 tsp Water
- 2 TBSP Chia Seeds (black or white)

### Directions:

- Place berries in a saucepan over medium heat.
  - Add lime juice, sweetener and water.
  - Cook until mixture comes to a low boil and the fruit softens and breaks into pieces (macerate).
  - Add the chia seeds and stir.
  - Cook for 2 minutes; remove jam from heat and cover.
  - Allow jam to cook in the pot, and then spoon into a jar. The jam will continue to thicken as it cools.
  - Store the blackberry jam in the refrigerator for up to 6 days.
- Makes 12 servings Blackberry Refrigerator Jam