



WFH RECIPES

Ingredients

Berries - whatever you like: blueberries, strawberries, blackberries (and other fruit like peaches)
Chia seeds
Honey (or agave or raw sugar)

ALICE'S HOMEMADE JAM FOR BREAKFAST

Directions

1. Simmer about a pint of fruit over low heat until fruit gets soft.
2. Keep stirring as they simmer and mash them up (watch out for exploding blueberries!)
3. Add 2 tablespoons chia seeds (this will give you the gelatinous texture of jam)
4. Add honey to sweeten
5. Chill (can keep in refrigerated jar for up to two weeks).
6. You can layer this jam into a yogurt parfait with whole fruit and granola OR use it as filling between layers of cake, then top with fresh whipped cream OR just spread it on bread OR eat it as is.
7. Berries and chia seeds are both super foods so enjoy!