

Recipe Name Blueberry Rhubarb Chia Seed Jam – makes about 5 cups

Ingredients:

- 1 lb. fresh/frozen rhubarb
- 1 lb. fresh/frozen blueberries
- ¼ cup maple syrup
- ¼ cup liquid allulose
- Zest of one lemon
- ¼ cup lemon juice
- 1/3 cup chia seeds
- Pinch of salt

Directions:

1. Combine chopped rhubarb and sweetener in a saucepan. Cook over medium heat, stirring frequently, until the rhubarb is mostly submerged in liquid, about 15 minutes.
 2. Add blueberries, lemon juice and zest and cook for another 5 minutes. Once berries begin to burst, use a spoon to mash up about ½ of the blueberries to release their juices.
 3. Increase heat to medium high and bring mixture to a boil. Once boiling, turn heat down to simmer. Continue to simmer, for about 10 minutes until beginning to thicken. Add chia seeds, stirring well and continue to simmer for another 1-2 minutes.
 4. Remove jam from heat. Add pinch of salt. Stir and taste. Add additional sweetener if needed. Allow to cool for about 15 minutes before transferring to heat proof containers. I like to use 1 cup ball jars.
- You can also transform the jam into an amazing blueberry rhubarb dessert sauce by placing the contents of one of the jars into a blender with a couple tablespoons of warm water. Blend and adjust sweetness if necessary. I find that when blending the chia seeds, I usually need to add a bit more sweetener and another pinch of salt to brighten up the flavors.