



The Kitchen at Second Harvest
Mixed Berry Chia Jam
try at home recipe
Recipe modified from Food Smarts

flip to learn more!



Ingredients

- 2 cups fresh or frozen berries (strawberries, raspberries, blueberries, or blackberries)
- 2 tbsp. chia seeds
- 1 tbsp. honey

Yield: 1 cup

Serving Size: 2 Tbsp

Directions

1. Place all the fruit in a small saucepan over medium heat. Stir occasionally until the fruit begins to soften and boil.
2. With a fork or potato masher, crush the fruit to your desired consistency.
3. Stir in the chia seeds and honey until well combined.
4. Remove from heat and let it cool.
5. Serve and enjoy or store in a tightly sealed jar or container



Find more recipes, free classes,
and ways to get involved!



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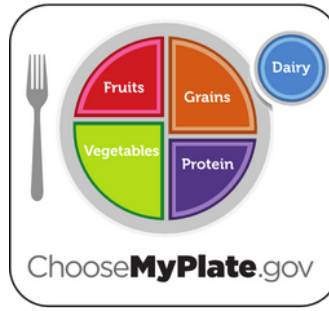


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Featured Food Groups

The benefits of healthy eating add up over time, bite by bite. Small changes matter. Start Simple with MyPlate.

A healthy eating routine is important at every stage of life. It can have positive effects that add up over time. It's important to eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified alternatives. When deciding what to eat or drink, choose options that are full of nutrients. Make every bite count.



The **Fruit** Group includes all fruits and 100% fruit juice. Fruits may be fresh, frozen, canned, or dried/dehydrated. At least half of the recommended amount of fruit eaten should come from whole fruit, rather than 100% fruit juice.

Cooking Tips

- Substitute berries with other juicy fruit, such as cherries, peaches, nectarines, apricots, or plums.
- After it's cooled, blend the jam (with an immersion or regular blender) if you prefer a smoother texture.
- Refrigerate in a tightly sealed jar or container up to one week.

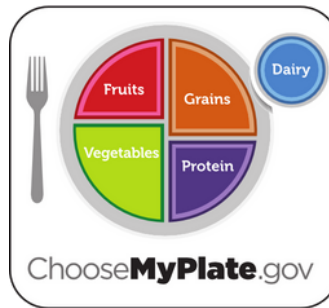
Second Harvest is an equal opportunity provider.



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Nutrition Facts

| Nutrition Facts | |
|---|-------------------------------|
| 8 servings per container | |
| Serving size | 2 Tbsp |
| Amount Per Serving | |
| Calories | 40 |
| | <small>% Daily Value*</small> |
| Total Fat 1g | 1% |
| Saturated Fat 1g | 5% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 0mg | 0% |
| Total Carbohydrate 7g | 3% |
| Dietary Fiber 2g | 7% |
| Total Sugars 0g | |
| Includes 2g Added Sugars | 4% |
| Protein 1g | 2% |
| Vitamin D 0mcg | 0% |
| Calcium 0mg | 0% |
| Iron 0mg | 0% |
| Potassium 0mg | 0% |
| <small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small> | |

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| Dietary Fiber 2g | 7% |
| Total Sugars 0g | |
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