



Triple Berry Jam

3 cups berries of your choice
1/4 cup sweetener of choice
1t beef gelatin
Juice of one lemon
4 T chia seeds

Add berries to small saucepan with 2T of water, cover and bring to a boil slowly so that the berries release their water and the bottom of the pan doesn't burn.

ALet the berries boil until they are very tender and falling apart, about 15 minutes.

Whisk in the lemon juice, sweetener, and gelatin, bring to a soft boil again. Take off heat and add the chia seeds.

Keep whisking until the chia seeds separate and the jam starts to thicken.

Let sit until completely jelled.