



Recipes

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Blueberry and Chia Jam

Serves 1

Ingredients:

2 cups Blueberry Jam

3/4 cup Water

2 oz. Chia Seed

Directions:

1. Combine Chia, water, and blueberry jam and mix.
Refrigerate overnight or until seeds have hydrated.

2. Store in refrigerator until ready to use.