

Sugarless Cherry, Blackberry, and Raspberry Jam

This is the perfect recipe for making your first jam. I realize cherry season is over but with this recipe I believe you can use other seasonal fruit. It's easy and doesn't take much time and effort. I found the recipe in a magazine called *Real Simple* that I enjoy reading. A little warning that this is not a sweet jam; it is more of a spread on the tart side. The original recipe called for chia seeds and I added them, but I make my second batch without them and I like that better. I like the crunchiness of the chia seeds, but one could easily mistake them for blackberry or raspberry seeds.

Ingredients:

1 lb. fresh fruit
¼ tsp salt
4 tsp. chia seeds (optional)
1TBS. honey
1-2 tsp fresh lemon juice

Directions:

Carefully rinse the fruit. Pit and halve the cherries. If you want the cherries to be smaller, roughly chop them. Put the fruit and the salt in a heavy saucepan with ¼ cup of water. Cover and bring it to a simmer over medium-high heat. Reduce the heat to medium and simmer until the raspberries begin to fall apart. Uncover the pot and continue to cook it for about 5-8 minutes, stirring often and mashing the mixture gently. Remove from heat and stir in the honey, lemon juice and chia seeds if you use them. Fill the cooled mixture into a jar and store in the fridge.

Guten Appetit!

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