

All-But-Instant Raw Berry Jam

¼ (60 ml) cup coconut water

½ cup (85 g) firmly packed chopped pitted dates

2 tablespoons chia seeds

2 cups (320 g) fresh blackberries (frozen don't work well)

Natural liquid sweetener (honey/coconut nectar/maple syrup/agave) - optional

Pour the coconut water into your blender and add the dates. Blast on high for 30 - 60 seconds, until the dates have broken up. Scrape down the sides of the container, then add the chia seeds and one-half of the blackberries. Pulse on low a few times, just to break up the berries, Add the remaining blackberries and pulse a few times on low to get a thick, chunky consistency. If the jam is too tar, stir in liquid sweetener to taste. Go easy, or the jam will get runny.

Chill in the fridge for 90 minutes - the chia seeds will thicken and the flavors will develop. The jam will keep in the fridge for up to 4 days. Makes 2 cups.

Recipe from *The Blender Girl* by Tess Masters