

## CHIA SEED JAM

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### Ingredients

- 4 cups berries
- ¼ cup chia seeds
- Honey or agave to taste

### Instructions

1. Mash berries with a fork or food processor.
2. Add honey or agave to taste.
3. Add chia seeds. Mix well.
4. Rest for at least 30 minutes for chia seeds to absorb liquid.

## HOMEMADE BUTTER

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### Ingredients

- 1 cup heavy cream
- Optional: pinch of salt

### Instructions

1. Fill mason jar half way with cream. Add salt, if desired.
2. Shake jar until a ball forms. This can take up to 15 minutes.  
The ball is butter!
3. Drain liquid (you can save this and use it in pancake batter)
4. You may eat it immediately. If you plan to store it, rinse the ball in ice cold water.

