

# Microwave Berry Jam

*Haskap is a tart, blueberry-like fruit with an elongated shape. It is a local berry found in Quebec from mid-June to late July. You can replace it with other berries, for example, black currant or cranberry.*

Preparation 1 min

Cooking 1 min

Servings 8



## Nutrition Facts (per serving)

Calories 70 kcal

Fat 2 g

Carbohydrates 11 g

Fibre 1 g

Protein 2 g

Sodium 0 mg

## Ingredients

- 500 ml (2 cups) haskap (or other small fresh fruit) (see note)
- 45 ml (3 tbsp) maple syrup
- 45 ml (3 tbsp) chia seeds



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