

## Fresh Salal Jam

12 oz (~3 cups) fresh or frozen raw salal berries (thawed if frozen)  
2 T lemon juice or Oregon grape juice  
2 T sugar (or other sweetener to taste)  
2 T chia seeds

Mash the salal well, stir in the remaining ingredients, let rest in the fridge until thickened. Can be fridged or frozen.

<https://www.kwiaht.org/FoodSecurity.htm>