



STRAWBERRY CHIA JAM

MAKES 2 cups **PREP** 5 minutes **COOK** 10 minutes

Ingredients

2 cups strawberries (or other fruit of your choice), chopped
2 tbsp lemon juice
2 tbsp maple syrup or sugar, to taste
3 tbsp chia seeds, plus more if needed



Method

Sterilize 2 jars and lids. To do this wash the jars and pop in a warm oven set at 50°C (conventional oven).

Place chopped strawberries in a small saucepan and cook gently until soft, mash with a potato masher.

Take off the heat, add the lemon juice, maple syrup, chia seeds and stir until combined.

Pour the jam into the jars, cool, then pop the lids on.

Store in the fridge for up to 2 weeks.

Note: This jam has a slightly different consistency to normal jam; it is slightly looser and a little runnier. It does thicken up though once kept in the fridge.