



# Strawberry & Chia Seed Jam

## Serves 12

14 oz. (400g) strawberries,  
fresh  
2 tbsp. chia seeds  
1 tbsp. lemon juice  
2 tbsp. honey or maple syrup

## What you need to do

Heat fruits in a small pot over medium-high heat, stirring occasionally, until the fruits begin to break down, about 10 minutes.

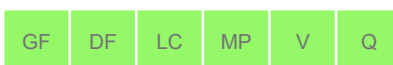
Use a wooden spoon to mash the fruit to your desired consistency.

Stir in the chia seeds, lemon juice, and sweetener until combined.

Remove from heat and let cool for 5 minutes.

The jam will thicken as it cools.

Serve immediately, or transfer the jam to a sealed container and refrigerate it for up to 1 week, or freeze it for up to 3 months.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	10 mins	30	1	6	1

\*Nutrition per serve

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