



RAW STRAWBERRY CHIA JAM

Serves 6

❖ **Ingredients**

- 750 g strawberries
- 2-3 tablespoons of maple syrup
- 5 tablespoons chia seeds
- Juice from 1 lemon

❖ **Method**

1. Mash strawberries with back of your fork to reach your desired consistency or pulse it in a blender (I kept mine fairly chunky)
2. Stir in the chia seeds , lemon juice and maple syrup
3. Let it sit for 30 minutes. The jam will continue to thicken (If it seems very thin, add 1 to 2 additional teaspoons of chia seeds, stir, then let it sit 10 additional minutes.)
4. Transfer the chia jam to an airtight container and store in the refrigerator for up to 5 days.