

# Chia seed berry jam

Makes enough for 1 standard jam jar



## Ingredients (allergens in bold)

- 250g fresh or frozen berries – raspberries, blackberries, strawberries, blueberries or a mixture of them all
- ½ tsp vanilla bean paste
- 2 dessert spoons runny honey or maple syrup
- 2 dessert spoons chia seeds

## Method

1. Place the berries, vanilla paste and honey in a pan and cook over a low heat for 5 minutes to break the fruit down and mingle the flavours. Blueberries might need squashing to break open the skins and release the juice.
2. Stir in the chia seeds and cook for another 10 minutes, stirring occasionally to stop it sticking on the bottom of the pan.
3. Put the jam into containers and allow it to cool completely before covering with a lid and storing in the fridge.
4. Eat within 4 days. If you've used fresh berries, you can freeze it for up to 1 month.



## Equipment

- small pan
- tablespoon
- teaspoon
- wooden spoon
- jam jar with lids or reusable fridge containers

## Recipe notes and tips

- Best made when berries are in season in the UK but out of season, use frozen
- Chia seeds come from a plant called *Salvia Hispanica* – a member of the mint family. They are high in soluble fibre and have been linked to a range of health benefits.
- When the chia seeds are moistened, they form a gel that thickens the jam without the need for lots of sugar.