

My Wholefood Pantry

Sugar Free Chia Jam

This jam is fresh, tasty and SO good for you. I normally use lemons but didn't have any, so I used orange juice instead... And it's even better!



Ingredients

250g strawberries, puréed
1-2 tbsp pure maple syrup (or preferred natural sweetener)
2 tbsp fresh orange juice
2 tbsp chia seeds

Method

Simmer all ingredients in a small saucepan for 2 minutes.
Refrigerate overnight (or at least a few hours) to thicken.
Store in the refrigerator.
Enjoy!