

STRAWBERRY CHIA JAM

300g strawberries

5 tablespoons raw sugar

2 tablespoons chia seeds

Juice of one small lemon



Wash strawberries and cut off tops. Process them in the blender.

Put the blitzed strawberries into a saucepan and bring to the boil.

Add the lemon juice and sugar and stir for 3 minutes at a simmer.

Add the chia seeds and stir for 3 minutes.

Pour into a sterilised jar (I fill the jar with boiling water and let it sit for a couple of minutes).

When cold put in the fridge. The jam will thicken more in the fridge.

It will make a 250g jar of jam.