



Strawberry Chia Seed Jam

Supplies

measuring cup
measuring spoon
medium sauce pan
large spoon
potato masher
jam jar

Ingredients

2 cups frozen strawberries
1 tablespoon lemon juice
3 tablespoons honey
2 tablespoon ground chia seeds

Directions

Add two cups of hulled and halved frozen strawberries to medium pan and heat on medium heat until fruit begins to soften. Once fruit softens, use potato masher to mash strawberries to desired consistency.

Stir in lemon juice and honey. Turn down heat to a simmer and add chia seeds. Stir consistently for two minutes.

Remove from heat, pour into jar and refrigerate.

Jam will keep in the refrigerator for 1-2 weeks.

Note: This jam is not for canning.