

Strawberry Chia Jam

OSHC

Food Foundations



Serves: 20 (makes approx. 1 ½ cups)

Prep Time: 5 minutes

Cook Time: 15 minutes

Ingredients

- 3 cups chopped strawberries (fresh or frozen)
- 3 tablespoons chia seeds
- 1 tablespoon lemon juice
- 1 teaspoon vanilla extract
- 1 – 2 teaspoons honey (optional, if needed)

Method

1. Place chopped strawberries in a saucepan and cook over a medium heat, stirring occasionally. Continue to cook until the strawberries break down and bubble.
2. Use a fork, spoon or potato masher to mash the strawberries to reach your desired consistency.
3. Add chia seeds, lemon juice and vanilla extract to the saucepan and stir until well combined.
4. Taste the mixture and adjust as necessary. If needed, add honey. Stir until well combined.
5. Remove the saucepan from the heat and allow to cook for 5 – 10 minutes. The mixture will thicken as it cools.
6. Stir the mixture one last time and enjoy!
7. Serve the jam immediately or store in an airtight container in the fridge for 2 – 3 days.

Recipe Notes:

Feel free to mix up the fruit that you use – any fresh or frozen juicy fruit should work well, such as blueberries, raspberries, peaches or nectarines.

Food Group	Serves provided per portion
Vegetables	0
Fruit	0.2
Grain foods	0.1
Lean meat and alternatives	0
Milk, yoghurt and cheese	0