

Raspberry & chia jam

A quick and easy-to-make jam with no added sugar



Ingredients

- 5 cups of frozen raspberries
- 1/4 cup black or white chia seeds
- 1/2 an orange, juiced

How to make

- In a mixing bowl, combine the frozen raspberries, chia seeds and orange juice before covering them and allowing the berries to defrost for about three hours at room temperature
- Once the berries are defrosted, using the back of fork, smash the berries up to a consistency that suits you for jam. If your chia seeds haven't fully gelled up yet, allow the mixture to sit for another 20 minutes or so to let them absorb more moisture
- Serve your jam on top of your porridge, mixed through your overnight oats, on toast with peanut butter or in a chia seed pudding for double the chia fun! Store any leftovers in a clean, airtight jar for up to one week in the fridge

