

# Chia seed jam

## Ingredients

2 cups of any fruit, fresh or frozen, best with fruit that is naturally quite sweet like strawberries, raspberries, blackberries, blueberries.

3 TBS chia seeds

1 TBS lemon juice

1 TBS (optional) honey

## Method

Cook fruit in a saucepan until it is soft and bubbling, then mash with a potato masher until it is the consistency that you like. You can have smooth or lumpy, this is up to you.

Add chia seeds, lemon juice and honey and stir until it is combined.

Remove from heat and wait for 5 minutes for the jam to thicken and serve with pancakes.