



Chia seed strawberry jam

15'
Hands on

25'
Cook Time

10
Portion(s)

1
Difficulty



Method

- Wash the strawberries, remove stem and dry them.
- In a [pot](#), place the strawberries, honey and water over medium heat. Cook for 15-20 minutes until the strawberries soften, mixing often.
- Add chia seeds and simmer for 5 minutes mixing often with a wooden [spoon](#).
- Remove pot from heat and allow the jam to cool. It thickens, while cooling.
- Keep in [sterilized jars](#) in the refrigerator for 1 month.
- Serve on [sweet saffron bread](#).

Ingredients

- 500 g strawberries, fresh
- 80 g honey
- 100 g water
- 20 g chia seeds

To serve

- bread, saffron

Διατροφικός πίνακας

Nutrition information per portion

56 Calories (kcal)	0.9 Total Fat (g)	0.0 Saturated Fat (g)	9.5 Total Carbs (g)
3%	1%	0%	4%
9.4 Sugars (g)	0.7 Protein (g)	2.6 Fibre (g)	0.0 Sodium (g)
10%	1%	10%	0%