

Berry Chia Jam

My kids and I have this on everything: pancakes, porridge, crackers, ice cream, fruit salad.... I even eat it on its own!

INGREDIENTS

- ♥ 4 cups frozen berries
- ♥ 1/4 cup chia seeds
- ♥ 1 tsp vanilla
- ♥ 1-3 tbsp maple syrup or agave syrup (as much or as little as you like)

METHOD

- ♥ Put all the ingredients in a pan and cook gently for about 10 minutes
- ♥ Let it cool down and transfer to a jar
- ♥ Keep it in the fridge