

# Chia jam

Ingredients required for 4 persons

**Preparation time** 15 minutes

**Difficulty** easy

## Ingredients

250 g strawberries

100 ml apple juice

60 g chia seeds

40 g honey



## Preparation

Wash strawberries and place in a blender. Add apple juice and honey and blend until smooth. Stir in chia seeds and let soak. Keep refrigerated and consume quickly.

## By the way

Chia jam is a vegetarian alternative without jam sugar.