



STRAWBERRY CHIA JAM

Preparation time: 15 minutes

Servings: 16 serves

250g strawberries, fresh or frozen

2 tblsp natvia sweetener

1 tblsp water

2 tblsp white chia seeds

1 tsp vanilla essence

Stevia drops (optional)

1. Add strawberries, natvia and water to a small saucepan and gently heat to a simmer.
2. Once simmering, add chia seeds and stir in well.
3. Simmer gently on low heat until thickened, stirring occasionally (around 5-8 mins)
4. Remove from heat and stir through vanilla essence.
5. If fruit pieces are still large, mash with a potato masher until desired consistency is reached or puree with a stick blender/nutri-bullet if a smoother consistency is preferred. Taste and add a few stevia drops if you prefer a sweeter taste.

Can be stored in sealed container or jar in fridge for up to 2 weeks.

*Only 2g Net Carbs (1g sugar) per serve compared with average 10-20g net carbs/sugar for store bought jam spread

Recipe courtesy of Simply Swap Foods – specialists in everything low-carb/sugar-free

www.simplyswapfoods.com.au

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