

Ingredients

A cup of fresh berries (or frozen and thawed)

Approx half a cup of date paste / soaked dates

Tbsp chia seeds

Method

Mash the berries and dates / date paste together with a fork and stir in chia seeds.

Alternatively blend everything together. This will make a smoother jam, but it will break open the chia seeds which makes the omega 3 oil more available.

Put into a jar and leave to set in the fridge. The chia seeds will swell using fluid from the fruit. Will keep for approximately 4 days in the fridge.