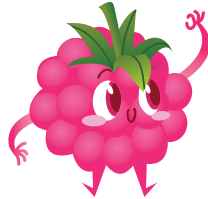


RASPBERRY JAM



WHAT YOU NEED:

8 oz raspberries (225 g)



2 tbsp chia seeds 

3 tbsp water 

1. Using a fork or spoon, mix the defrosted raspberries with chia seeds and water.
2. Let sit 10-20 min before serving.