

Chia Seed Fruit Compote



Ingredients

- 2 cups frozen fruit of your choice, (strawberries, blueberries, raspberries, blackberries, peaches, cherries, or a combination)
- 2 tablespoons chia seeds

Instructions

- Place fruit in a microwave safe bowl and microwave for 1-2 minutes, until fruit is softened and starts to release some of its juices. Alternatively, you can heat fruit in a small saucepan over medium heat for about 10 minutes.
- After heated, mash fruit with a fork or potato masher until fruit is mostly broken down with some chunks left.
- Stir in chia seeds and let mixture set in the fridge for at least 4 hours. This allows time for the chia seeds to absorb the liquid and thicken into a jam.
- Store any leftovers in an airtight container in the fridge for up to one week or in the freezer for up to 3 months.

MAKES 4 SERVINGS. NUTRITION PER SERVING:
CALORIES: 35 | CARBOHYDRATES: 6G | PROTEIN: 1G |
FAT: 1G | FIBER: 3G