

# Chia Seed Fruit Compote



## Ingredients

- 1 cup frozen or fresh ripened fruit of your choice, (*strawberries, blueberries, raspberries, blackberries, peaches, cherries, or a combination*)
- 1 tablespoon chia seeds

## Instructions

- Add fruit into 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 2 hours or overnight. 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.