

## **Strawberry Chia Jam:**

### Ingredients:

- 2 Tbsp chia seeds
- 1 lb. Container of Strawberries, stems removed
- 2 Tbsp water
- maple syrup, to taste
- lemon juice, to taste

### Directions:

1. Chop the strawberries and place in a saucepan with water.
2. Bring to simmer on high heat and then turn the heat to low.
3. Mash the strawberries with a fork and leave to simmer for 1-2 minutes.
4. Remove strawberries from heat and add the chia seeds, lemon juice, and maple syrup.
5. Allow to cool and set for approximately 15 minutes before serving. (If you would prefer a smoother consistency, blend till smooth in a blender).
6. Keep in the fridge in an airtight container.

## **Strawberry Goat Cheese Toasts:**

### Ingredients:

- 1 Baguette, cut into thin slices
- 3 Tbsp Olive Oil
- 1 Container of Goat Cheese
- 5 Cups of Strawberries, remove stems and slice
- Balsamic Reduction, store bought or homemade
- Fresh Basil, for garnish

### Directions:

1. After slicing the baguette place on a baking sheet and brush on olive oil.
2. Bake in a 350°F oven until lightly toasted. Remove and let cool.
3. Once baguette slices are cool, add about a tablespoon of goat cheese to each toast.
4. Next add the sliced strawberries on top of the goat cheese to cover the surface.
5. Before serving, drizzle with balsamic reduction and garnish with fresh chopped basil.