Laura’s favorite recipes with Chia

**CHIA JAM**

**Ingredients:**
- 1 kilo of any fruit (dates, mango)
- 2/3 Cup of chia
- 1 tablespoon honey
- 3 tablespoons lemon juice

**Instructions:**
- Mince and mash the fruits.
- Add the chia, honey, and lemon juice and mix it all together.
- Put all of the ingredients into a preserving jar and place this into the fridge for two hours. Take care, that the glass is not overloaded as the jam will saturate the chia seeds.
- Enjoy!

**CHIA PANCAKES**

**Ingredients:**
- Chopped fruit (dates, mango)
- 2-3 tablespoons of chia seeds
- 1 tablespoon honey
- Some cinnamon
- Some lemon juice
- 2 bananas
- 4 eggs

**Instructions:**
- Mash the bananas, whisk the eggs, and mix them together. Add the chia seeds and spices.
- Then, the pancakes can be baked in the pan.
- Serve the pancakes with honey.