

Small-Batch Chia Jam 少量チアジャム

Base Formula

- 150 g fruit (フルーツ)
- 1 T (10–12 g) chia seeds (チアシード)
- 1–2 tsp honey or maple syrup (甘味料)
- 1 tsp lemon juice (レモン汁)
- Pinch salt (塩)

Method

1. Microwave fruit **45–60 sec** (recommended).
2. Mash to desired texture.
3. Add all ingredients and stir well.
4. **Rest 10 min**, stir again.
5. **Rest total 20–30 min** until thickened.

Fruit Adjustments

- Blueberry: easiest, naturally sweet.
- Strawberry: add lemon for brightness.
- Raspberry: reduce lemon, add sweetener.
- Mixed berries: adjust sweetness if cranberries included.

Texture Control

- Too loose → add 1 tsp chia.
- Too thick → add 1–2 tsp water.

Storage

- Refrigerate 4–5 days.
- Best within 2–3 days.
- Keep batch small (150 g).
- Freezes well

