



ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts
Low disaccharides

Prep time: 5 mins

Cook time: 8 mins

Serves: 1.5 cups

FIG JAM



INGREDIENTS

- 6 large figs
- 2 tbsp natvia
- 2 tbsp chia seeds
- 1/2 cup water

METHOD

- In saucepan, combine all ingredients and bring to the boil.
- Boil for 8 minutes, stirring.
- Pour into sterile jars.
- Store in the refrigerator.