

Heart-Shaped Chia Jam Sandwiches

Serves: 25
Prep: 20 mins
Cook: 10 mins



Dietary: EF, NF, VEG, DF
Age group: 12 months+
Difficulty level: Beginner

Heart-Shaped Chia Jam Sandwiches



Egg-Free



Nut-Free



Dairy-Free



Vegetarian

Ingredients

- 320g raspberries, frozen
- 2 tbsp (33g) chia seeds
- 2 tbsp (40ml) raw honey or maple syrup
- 1 tsp (5ml) vanilla extract
- Wholemeal toast slices

Tips

- ✓ **Allergies:** For a gluten-free version: Swap wholemeal toast for gluten-free wholegrain toast.
- ✓ **Easy ingredient swaps:** Swap raspberries for berries of choice.
- ✓ **Baby-friendly version:** Leave out honey. Serve mashed or in finger food-sized pieces.
- ✓ **For Fussy Eaters:** Puree the chia jam until smooth. Encourage Champs to be involved in preparation. Steps for Champs include cutting out heart-shapes with cookie cutters, spreading on chia jam on the bread and assembling their own sandwiches.

Method

Make the Raspberry Chia Jam:

1. Place raspberries, chia seeds, honey and vanilla extract into a small saucepan, stir, place over medium heat, and bring to a boil.
2. Turn heat down and simmer for around 10 mins, stirring occasionally.
3. Allow cooling completely.

Prepare the Bread:

1. Use a heart-shaped cookie cutter to cut out a heart in the centre of one slice of bread. Save the cut-out heart for later.
2. Place the uncut slice of bread on a plate and spread a generous layer of jam over it.

Create the Heart Sandwich:

1. Place the slice of bread with the heart-shaped hole on top of the jam-covered slice.
2. Serve with Love by placing the reserved bread heart next to the sandwich, spreading a little jam on top if you like.

Serving Suggestion: Serve Heart Shaped Chia Jam Sandwiches with a fresh fruit and vegetable stick platter for morning or afternoon tea.

Storing leftovers: Store leftover strawberry chia jam in an airtight container in the fridge for up to a week or freeze for up to 4 months.