

FROM THE KITCHEN OF JESSE HAAS, CNS, LN

Mixed Berry Chia Compote

INGREDIENTS

- 3 cups frozen berries
- 3 Tbsp chia seeds

DIRECTIONS

1. Measure your berries out into a small saucepan. You can use a mixture or choose just one kind. I like incorporating berries of different colors, shapes and sizes for a visually-pleasing compote.
2. Heat the berries on medium-low on your stovetop until they bubble and burst. Stir occasionally to prevent burning.
3. Remove from heat and stir in the chia seeds. The chia seeds will absorb excess liquid and thicken the mixture as it cools.
4. When the compote has cooled to room temperature, transfer to a glass container and store in the refrigerator for up to one week (if it lasts that long!).



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