



Wojapi 8 servings

Wojapi is a traditional Native American berry sauce made from wild local fruit, such as chokecherries. Wojapi is typically served with bread at celebrations.

- 4 cups berries (chokecherries or a mix of blueberries, raspberries, cherries, strawberries, blackberries, cranberries, fresh or frozen)
- 1-2 Tablespoons cornstarch
- 1 Tablespoon Maple syrup or honey
- 1/4 cup water
- 1. Wash hands with soap and water.
- 2. In a medium saucepan, simmer berries and water over low heat, stirring occasionally. (If using fresh berries, you may need more water to keep them from burning.)
- 3. Once the berries are beginning to break down, spoon out some liquid and whisk in the cornstarch. Fresh berries need 1 tablespoon cornstarch, frozen might need 2 tablespoons.
- 4. Whisk until completely dissolved, then add back to the saucepan.
- 5. Sweeten sauce with maple syrup or honey and simmer until thickened.
- 6. Serve on top of corn cakes, muffins, pancakes, yogurt, or braised meat like bison.
- 7. Store leftovers in a sealed container in the refrigerator for up to four days.

Nutrition Information per Serving (1/8 of recipe): Calories 140, Total Fat 1.5g, Saturated Fat 0g, Cholesterol 0mg, Sodium 0mg, Total Carbohydrates 29g, Fiber 16g, Total Sugars 9g, includes 2g Added Sugars, Protein 2g, Vitamin D 0%, Calcium 4%, Iron 6%, Potassium 6%.

Recipe Source: First Nations

This institution is an equal opportunity provider. This material was funded in part by USDA's Supplemental Nutrition Assistance Program and Expanded Food & Nutrition Education Program (EFNEP). The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-430-3244.



Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska-Lincoln cooperating with the Counties and the U.S. Department of Agriculture (USDA). University of Nebraska-Lincoln Extension's educational programs abide with the nondiscrimination policies of the University of Nebraska-Lincoln and the USDA.

