

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