November is National Native American Heritage Month

WOJAPI RECIPE

Ingredients

- 4-5 cups Berries of your choice that are fresh and preferably growing wild
- 2 cups of water
- Honey
- 4 Tbl. Flour

Wojapi is a D/Lakota word, meaning to mash and stir

Directions

Clean the fruit.
Place in bowl and mash using potato masher (or a fork, but that takes longer)
Add fruit and liquid to large saucepan and bring to boil, careful not to scorch the fruit.
Mix flour with a cup of water, stir thoroughly then slowly add to the berries
Lower heat to a simmer and cook for about half an hour, constantly checking.

Taste and see if you need to add honey or other sweeteners

Recipe & photo provided by Lois Red Elk, Fort Peck Elder