

November is National Native American Heritage Month

WOJAPI RECIPE

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

Ingredients

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



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

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

