

# Chokecherry Patties

## Ingredients

- Ripe Chokecherries

## Nutritional Information

Calories per serving 97

Protein 1.8g

Total fat 1g

Sodium 3g

Total Carbohydrates 20.2g



## Instructions

Grind whole chokecherries, including pits until it is a fine consistency. Using about  $\frac{1}{4}$  cup of chokecherries, shape into round, thin patties. Place patties in a dehydrator; leaving  $\frac{1}{2}$  inch space between patties. Chokecherry patties will take 12-16 hours to dry. Flip patties every 2-3 hours to ensure even drying.

## Chokeberries

Traditionally, chokecherries were a very important part of the Native Americans' diet. Chokecherries are collected in the fall when the berries ripen. The berries are high in vitamins A and C. There are many uses for the chokecherries. Chokecherries can be dried into patties and consumed later. Chokecherries are also used in the making of Wasna and Pemmican. Chokecherries can also be used to make syrups, jams and jellies. The bark was mainly used for medicinal purposes.



## Did you know?

Chokecherries have a medical use. Chokecherries can be used as an astringent for coughs and colds and can be used to treat digestive problems.