

Corn Wasna

Ingredients

- 1 cup of ground roasted corn
- 4 Tablespoons kidney or rendered fat



Instructions

Grind the roasted corn kernels with a food grinder, or a stone grinder into a fine powder. Add in kidney or rendered fat to the mix. Work in the mixture with your hands. The corn Wasna can be stored in a container for a later use.

Papa (wagmiza) Wasna

Stove top roasted corn kernels are ground into a fine powder. After it is ground down, rendered kidney fat is added to give it flavor. Modern versions include the addition of: cornmeal, raisins, and sugar to add flavor and sweetness to today's ever-changing taste palate. This form of Wasna can be used right away or stored for later use. Wagmiza Wasna is one of the four types of sacred Wasna utilized in many Lakota ceremonies.

Did you know?

Corn Wasna is a great source of dietary fiber, iron, and phosphorous. It also contains complex carbs and other nutrients, and they can help prevent diseases like diabetes, heart disease and some cancers.