Wojapi

Ingredients

- Fresh berries or chokecherry patties
- Water
- Cornstarch
- Sugar, Splenda or honey

Nutritional Information

Calories per serving 42

Protein 0.5g

Total fat 0.2g

Sodium 1.8mg

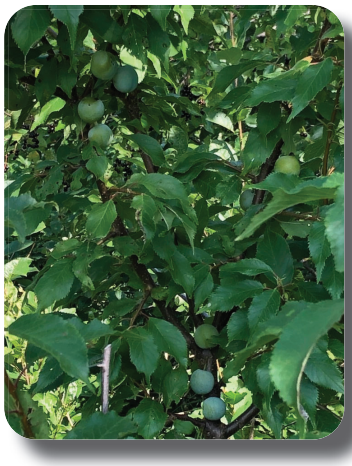
Total Carbohydrates 10.4g

Instructions

You can use fresh berries or you can use chokecherry patties. Soak five patties in water overnight in order to make a small pot of Wojapi. Place the water and soaking patties onto medium heat and boil for an hour. Break apart the patties in the water as its boiling. Once they're all broken up, turn the heat down to low and add a little mix of corn starch and water to thicken the consistency of pudding. Stir constantly to avoid lumps.

Wojapi

Long ago, Wojapi consisted of ripened chokecherries and crushed tinpsila (wild turnips). Our ancestors would only use the ripened dark chokecherries, so sugar wasn't needed. The crushed wild turnip was used to add thickness to the chokecherries, giving it a pudding like texture. Nowadays, we add sugar and cornstarch into our Wojapi for flavor and texture. Chokecherries contain the highest amounts of an antioxidant called anthocyanin, which studies have shown to reduce the severity of colon cancer by 80 percent. Numerous studies have shown that the antioxidants in chokecherries have huge health benefits for cardiovascular disorders, anti-inflammatory responses, colon cancer and diverse degenerative diseases.



Plums when ripe can also be used to make wojapi.

Recipe and Photo Source: Great Plains Tribal Chairmen's Health Board – Good Health and Wellness Program