

## Wasna

5 ounces dried buffalo meat

2 ½ ounces dried cranberries

2 ½ ounces raisins

1 ½ tablespoons melted solid fat (lard, shortening)

1. Place the dried buffalo meat in a blender for about 1 ½ minutes or until it looks like loose tobacco.
2. Add dried fruits (as listed above or pineapple, apple, chokecherries, juneberries, or banana, etc.) and blend another 1 ½ to 2 minutes. The mixture should be ground so all ingredients are pulverized.
3. Add the melted fat and blend with a spoon.
4. Place into ten 1-ounce containers. If consumed immediately, plastic sealed containers are fine. If intended to use over a period of time (longer than one day), paper or cloth bags will help maintain product flavor.
5. Safe Food Practices: This product must be refrigerated if not eaten immediately.

Recipe contributed by Kibbe Conti, Northern Plains Nutrition Consulting.

Nutrition Information: A 1-ounce serving provides about 82 calories, 2 grams of fat, 11 grams of carbohydrates, and 4 grams of protein.