

Wojapi

Modern Sugar-Free Version



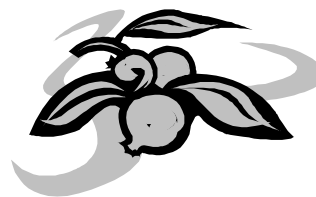
- ❖ 1 bag frozen blueberries (2 ¼ cups)
- ❖ 4 cups water
- ❖ 3 ½ tablespoon cornstarch thinned with water
- ❖ ½ packet of Crystal Light™ Raspberry Ice flavor

1. Heat blueberries and water to boiling.
2. Carefully stir in cornstarch and water mixture until it begins to thicken.
3. Cool slightly.
4. Sprinkle with Crystal Light™.
5. Best if served chilled.

Nutrition Facts: Serving Size: ½ cup, Number of Servings: 12, Calories: 20, Total Fat: 0 grams, Carbohydrates: 5 grams

Traditional Version

- ❖ 6 patties of dried berries (about 3 cups)
(Juneberries, chokecherries, mulberries, or buffalo berries)
- ❖ 4 cups water
- ❖ 1 cup sugar
- ❖ ½ cup flour
- ❖ ¼ cup tallow bits or 1 tablespoon lard



1. Soak dried fruit 1 hour.
2. Boil fruit.
3. Mix flour with enough water to make white sauce.
4. Add flour mix to fruit and water.
5. Stir to prevent scorching. Cook until slightly thickened.
6. Add sugar and fat.
7. Serve warm or cool.

Nutrition Facts: Serving Size: ½ cup, Number of Servings: 16, Calories: 94, Total Fat: 3 grams, Carbohydrates: 17 grams