



Berry Sauce *Wojapi* (Dakota)

SERVING: 1 / 4 CUP
YIELD: 6

PREP TIME: 5 MIN
TOTAL TIME: 30 MIN

Ingredients

- 5 cups Mixed Berries, frozen or fresh
- 1/4 cup Water **only add w/fresh berries not frozen*
- 1 tbsp Corn Starch
- 2 tbsp Maple Syrup

Directions

1. In a saucepan, simmer berries over medium-high heat, stirring occasionally. (If using fresh berries, add 1/4 cup water and simmer over medium heat to prevent scorching.)
2. Once the berries are broken down into a sauce, spoon out some sauce and place in a cup. Whisk in corn starch to cup.
3. Whisk until completely dissolved, then add back to the rest of the sauce.
4. Add maple syrup.
5. Serve *Wojapi* as a dish, dessert and/or sauce. Serve on cornbread, pancakes, waffles, meats, yogurt etc.

Nutrition Facts

6 servings per container
Serving size 1/4 cup (0.0g)

Amount Per Serving
Calories **90**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 20g **7%**

Dietary Fiber 5g **18%**

Total Sugars 12g

Includes 4g Added Sugars **8%**

Protein 1g

Vitamin D 0mcg 0%

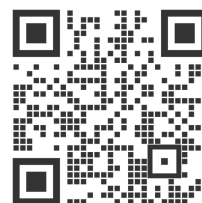
Calcium 20mg 2%

Iron 0.9mg 6%

Potassium 10mg 0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

*Cost information includes lower cost ingredients found at local grocery store 11/07/22.



Cost Per Recipe

\$5.32

Cost Per Serving

\$0.89



**STRAWBERRIES, BLUEBERRIES,
RASPBERRIES, BLACKBERRIES, AND
CRANBERRIES, OH MY!**

DID YOU KNOW?

There are over
400 different
species of berries
that come in all
different colors!

VISIT [GLEANERSNUTRITIONHUB.ORG](https://www.gleanersnutritionhub.org) FOR MORE RECIPE IDEAS AND COOKING TIPS!

Why should you eat berries?

- Berries are rich in antioxidants (substances that help fight cell damage) and vitamins such as vitamin C and B vitamins, and can help lower disease risk!
- They are a good source of fiber for your diet and can help you feel fuller longer, which can also aid in blood sugar control.

[HTTPS://WWW.EVERYDAYHEALTH.COM/DIET-NUTRITION-PICTURES/AMAZING-HEALTH-BENEFITS-OF-BERRIES.ASPX](https://www.everydayhealth.com/diet-nutrition-pictures/amazing-health-benefits-of-berries.aspx)



WAYS TO ENJOY BERRIES

How to choose berries

- Try to choose packs of berries that are not moldy- the mold spores can quickly spread to other berries.

Washing/Storing

- Before washing, remove any moldy or soggy berries.
- Soak the berries in warm water with a couple tablespoons of vinegar to kill any mold spores- about 5-10 minutes.
- Use a towel to pat the berries dry.
- Store berries in a paper towel-lined, sealable container to reduce moisture.
- Store in the fridge for 1-2 weeks!

Freezing

- Berries can be frozen in plastic bags if they will not be used right away.

Ways to use berries

- Sprinkle your berries into a salad, blend them into a smoothie, use them to make jam, or use them as a delicious topping for frozen yogurt!

Notes:

- Wash and store different berries separately not together.

BERRY PARFAIT RECIPE

Ingredients:

- 1 cup plain greek yogurt
- 1/2 cup of your favorite berries
- 1/4 cup granola or your favorite nuts

Instructions:

In a bowl, add your yogurt and top with all desired fruit or toppings. Mix together and enjoy!

Enjoy this as a healthy, high-fiber breakfast, or as a low-sugar dessert!

