

Wojapi



Prep Time: 5 minutes

Cook Time: 10 minutes

Ingredients:

2 cups raspberries, fresh or frozen (or other berries of your choice)

1 ½ cup cold water, divided

½ cup Splenda

2 tbsp. cornstarch

Directions:

1. Put berries in medium saucepan.
2. Add 1 ¼ cups of water to the saucepan and bring to a boil, stirring occasionally.
3. Lower heat.
4. Add Splenda.
5. Mix together cornstarch with remaining ¼ cup of water in a cup or small bowl. Add sweetened berries and blend together.
6. Cook the mixture over a low heat for about 4 minutes. Stir constantly until the consistency is extremely thick.
7. Serve hot.

Additional Information

Wojapi (pronounced Wo-Zha-Pee) is a classic Plains Indian treat. Use raspberries, strawberries, or blueberries

Nutrition Facts

Makes 8 servings

Amount per serving: 0.5 cups

Calories	25.9 g
Total Carbs	7.5 g
Dietary Fiber	2 g
Sugars	0 g
Total Fat	0 g
Saturated Fat	0 g
Unsaturated Fat	0 g
Potassium	0 mg
Protein	0.2 g
Sodium	1.8 mg