



USDA Foods

Blueberry Wojapi

Makes about 12 servings

Ingredients

- 6 cups frozen blueberries, thawed
- 1 cup water
- 1 Tablespoon cornstarch for thickness

Note

Wojapi is a Native American berry sauce. Use it as a topping on breads, waffles, pancakes, cakes, meats and other traditional recipe items.

Directions

1. Place blueberries in a mixing bowl and mash.
2. Add mashed blueberries and water to a large saucepan and bring to a boil. Stir, being careful not to burn the berries.
3. Reduce the heat and simmer on low heat for approximately 1 hour.
4. Watch the pot carefully and stir constantly.

Thickening Options:

Wojapi is sometimes the consistency of pudding. For a thicker berry mix, you can use cornstarch.

Continue to simmer to reduce the berry mix to the thickness you want. Keep stirring constantly until you have the desired consistency. Or place 1 Tablespoon of cornstarch into a cup, add cold water. Slowly add to hot pot of berries and stir to the thickness you want.

Recipe adapted from SparkRecipes.com.

Blueberry Overnight Oats

Makes about 1 serving

Ingredients

- 1/2 cup Quick Oats
- 1/2 cup milk
- 1/2 cup blueberries
- 2 Tablespoons peanut butter

Directions

1. Add Quick Oats to a sealable container and add milk.
2. Add a layer of blueberries and then a layer of peanut butter. Continue until both are used up.
3. Seal container and place in the refrigerator overnight (or for at least 8 hours).
4. Remove oats from refrigerator. Enjoy hot or cold.

Tips

Liquid: You can use yogurt in place of milk if you prefer.

Mix-ins: Fruits (fresh or frozen), nuts, nut butters, seeds, and spices are good additions.

Toppings: Add pretty much whatever you like: berries, banana, and/or chopped nuts.

Recipe adapted from QuakerOats.com