

WILD RICE & BERRIES

Serve warm or cold

Ingredients:

- 1 cup wild rice
- 3 cups of mixed berries of your choice or any one berry
- **(you can use dehydrated, fresh, or frozen berries)**
- 3 cups water
- 1/2 cup real maple syrup
- cinnamon to taste (approx. 1/2 tsp)

Directions:

- **Cook rice in water until rice is done. Take the rice off the heat and let sit for about 5 minutes (until all the water is soaked up by the rice).**
- **Mix in berries, maple syrup and cinnamon.**
- **Enjoy! This dish can be served warm or chilled.**

Please feel free to substitute ingredients that you have access to. We advise avoiding berries that are packaged in added syrups and not using syrup that has added flavors.

Photo by Lucy Grignon of Ancient Roots Homestead
Lucy likes to add butternut squash, pecans and sunflower seeds to hers, YUM! Don't be afraid to try adding some of your favorites too!



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Keeping up with our Traditions

Translated from Ojibwemowin, manoomin means the "good berry," and it is a food that has long provided both physical and spiritual sustenance to the Ojibwe people. Some teachings relate that the Ojibwe people migrated from the East having been told to settle when they find the food that grows upon the water, which they discovered in the waters of the Lake Superior region.

Highly nutritious, manoomin remains important to the Ojibwe diet today and is also one of several feast foods, traditionally served during ceremonies or community feasts.

Source: <https://glifwc.org/WildRice/>

Wild rice is low in calories, fat and cholesterol. It is high in fiber, protein and other minerals.

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