



BREAKFAST | PEAK SEASON: All Year

Wojapi Oatmeal Bowl

Recipe by: Kiandra Call

A warm, fiber-rich breakfast featuring whole-grain oats topped with a delicious berry wojapi sauce, heart healthy nuts and seeds.

Nutritional Info

Makes 3 servings

Calories: 280

Carbs: 38g

Fiber: 8g

Protein: 11g

Fat: 12g

Sugar: 9g (from fruit and honey)

Sodium: 65g

Ingredients

Oatmeal

- 1 cup rolled oats
- 2 cups of water or milk of choice
- pinch of salt

Wojapi

- 1 cup of berries (fresh or frozen)
- 1-2 tsp honey or agave
- squeeze of citrus

Toppings

- 2 tbsp Chopped pecans
- 2 tbsp hemp seeds (optional)
- 2 tbsp of almond or cashew butter

Instructions

1. Start your berry sauce first, in a sauce pan add berries, honey or agave and citrus on medium heat until slightly thickened, stir often.
2. In a sauce pan, bring water or milk to a simmer (not a roaring boil, this would burn the milk and oats)
3. Stir in oats and cook 5-7 minutes until tender
4. Divide oatmeal into bowls
5. Top with berry sauce, almond butter, and your choice of chopped nuts/seeds.

Additional Info

- Oats contain soluble fiber that can help lower LDL cholesterol levels and support heart health.
- Berries provide vitamin C, fiber, and protective compounds that can help reduce inflammation.
- Pairing whole grains with nuts and seeds adds protein and healthy fats to support fullness and steadier blood sugar levels.
- Wojapi is a traditional Indigenous berry sauce made by gently cooking berries (often wild berries like chokeberry, huckleberry or mulberries) down with a bit of sweetener until thick and syrupy. It's similar to a compote but deeply rooted in Native foodways. Traditionally served with breads, meats or as a condiment.

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