



MAKE YOUR OWN WASNA

COOK TIME: VARIES | SERVINGS:

ingredients

- 2 c. shredded beef or bison
jerky
- 1 c. chopped tart berries
(chokecherries, (sour)
cherries, or cranberries)
- 6 Tbs. beef tallow or
vegetable shortening

directions

1. Shred the jerky and berries in a food processor.
2. Mix in the tallow or shortening and stir until well incorporated.
3. Form the mixture into patties and dry in a dehydrator or refrigerate and eat within 3 days.



Tradition and Nutrition



WASNA

The Lakota diet was high in protein and often the tribe either had much food to eat, such as after they killed a buffalo, or very little. One of the traditional recipes that the Lakota have passed through the generations is wasna.

Wasna derives from “wa” meaning “anything” and the “sna” meaning ground up. Non-Lakota people sometimes refer to it as pemmican. This dish consists of dried buffalo, dried berries, and fat or bone marrow. Early Lakotas would grind the ingredients together with a pounding stone.

Wasna is a very good source of protein and the Lakota value this traditional recipe not only as a food but also as a healing instrument. Wasna is often seen as a sacred food and was often used in ceremonies and rituals. It also has less cholesterol, yet a mere four ounces provides more protein than half a dozen eggs. Wasna, because of the protein it contains, can raise a person’s iron level within 15 minutes. Today, Lakota people believe their ancestors did not suffer from diabetes, heart disease, or cancer due to the healing powers of Wasna.