



## Mēnan Bluberries

Original art created by Dan Grignon

Photo by Jennifer K. Gauthier

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# Mēn Kēsoq

Blueberry Moon/August

## Vocabulary!

Kāhkopenākan  
Basket

Aneh mēnan nekēs-  
nawēnāēmenaw onākow  
Those blueberries we picked  
yesterday



# WILD RICE CORN PUDDING WITH BLUEBERRIES

## INGREDIENTS

- 1 1/2 quarts skim milk
- 1/4 unsalted butter
- 1 cup maple syrup
- 1 1/2 cups yellow cornmeal
- 1 1/2 cups wild rice meal
- 1/2 teaspoon ground ginger
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon salt
- 2 cups whole, frozen blueberries
- 1/2 cup skim milk

1. Preheat oven to 325 degrees.
2. Heat milk, butter, and syrup in a large saucepan over medium-high heat, stirring occasionally.
3. In a medium bowl, mix together cornmeal, wild rice meal, ginger, nutmeg, and salt.
4. Once milk mixture has barely reached a simmer, sprinkle in cornmeal mixture a little at a time.
5. When pudding reached a thick consistency, about 5 minutes, transfer the mixture to a large bowl and mix in butters and additional milk.
6. Pour corn pudding into a buttered 9'x13' baking pan and bake pudding until set, about 30 minutes.
7. Serve warm with additional maple syrup in equal amounts.

Recipe from Mino Wiisinidaa!