



Apēsenatuaq anohkanak
Blackberries

Original art created by Dan Grignon

Photo by Jennifer K. Gauthier

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Mēn Kēsoq

Blueberry Moon/August

Vocabulary!

Apēsenatuaq anohkanak
Blackberries

Kāhkopenākan
Basket

Awān
It's foggy out



BLACKBERRY CHIA SEED PUDDING

INGREDIENTS

- ¾ cup chia seeds
- 1 can of organic coconut milk
- 1 16oz package of unfrozen blueberries or strawberries
- 2 pints of fresh blackberries

Recipe from Wild Bearies!

1. Mix chia seeds, unfrozen berries, and 1 can of organic coconut milk in a large mixing bowl
2. Fold in fresh blackberries
3. Pour into serving dish and chill for 1 hour

Serves four!