

# PRESENTING: THE ABORIGINAL NUTRITION NETWORK TRADITIONAL RECIPES PROJECT!



You are receiving a set of these recipes because you are an Aboriginal Nutrition Network member, a recipe contributor or a supporter of the project. We do hope you enjoy looking through and trying them out.

Fall 2016

## THE PATH TAKEN TO DEVELOP THE TRADITIONAL RECIPES

The Traditional Recipe Project began as a contest during the 2014 Revitalizing Connections Gathering of the Aboriginal Nutrition Network (ANN) in Thunder Bay, ON. Participants submitted their traditional recipes as ballots into a draw. Over 50 recipes were received. This collection was narrowed down to 12 recipes by a volunteer working group. Unless submitted anonymously, contributors were interviewed about their unique story in preparing and serving their recipe.

### THE 12 RECIPES FEATURED IN THIS SERIES INCLUDE

Baked Walleye  
Bannock  
Birch Syrup Beans  
Char Antipasto  
Corn Soup  
Fish Cakes  
Honey Garlic Moose  
Jerky  
Redberry Relish  
Saskatoon Pudding  
Three Sisters Soup  
Wild Rice Casserole with a Kick

## ABOUT THE ABORIGINAL NUTRITION NETWORK

The Aboriginal Nutrition Network is one of over 20 member-led networks within Dietitians of Canada. It was established in 2001 to: network and share resources with communities, be informed and participate in continuing education opportunities, further develop dietetic training opportunities with a focus on Aboriginal nutrition, be identified as a resource group for government and others, and raise awareness of Aboriginal Nutrition needs.

## ABOUT DIETITIANS OF CANADA

Dietitians of Canada is the national professional association for dietitians, representing 6,000 members at the local, provincial and national level. As the voice of the profession, Dietitians of Canada strives for excellence in advancing health through food and nutrition.

Thanks to the dedicated working group that have supported this project for the past two years:

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# A TASTE OF WHAT YOU WILL FIND IN THE NEW SERIES

## STRAWBERRY DRINK

### HOW TO GET THE RECIPES

The recipes will be available for download at [www.dietitians.ca/IndigenousRecipes](http://www.dietitians.ca/IndigenousRecipes)

#### IndigenousRecipes

Printed paper copies are not available for order at this time. We apologize that at this time the recipes are only available in English. If you would benefit from translated copies, contact the ANN co-chairs at [aboriginal@dietitians-networks.ca](mailto:aboriginal@dietitians-networks.ca).



### INGREDIENTS:

- 1 cup (250 ml) crushed or pureed strawberries (approximately 15 berries)
- 4 cups (1L) water
- Sugar or honey to taste
- Ice (optional)

Tip: Substitute any wild berry that is in season, blueberries, Saskatoon berries or goose berries. More honey or sugar maybe be needed when using tarter berries.

### METHOD:

1. Rinse berries and remove the leaf tops.
2. Puree in food processor or use a knife chop and crush to a smooth pulp.
3. Mix the crushed strawberries and water in a pitcher.
4. Put the mixture in the refrigerator to chill for 30 minutes or pour over ice.
5. Serve with sugar or honey on the side to be sweetened to personal taste.
6. Pour into ice filled glasses and garnish with a strawberry. Enjoy!

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