



# Chokecherry Tea

Makes 1 cup of tea

## Ingredients

- 1 Tablespoon of crumbled chokecherry patty
- 1 teabag
- 1 cup boiling water

## Directions

After chokecherries are cleaned, ground, patted and dried, they can be crumbled for use in tea.

1. Wash hands in warm, soapy water.
2. To make 1 cup of tea, place 1 Tablespoon of dried chokecherries in a tea bag.
3. Heat water, add tea bag. Steep until desired strength.



Recipe provided by Restoring Shoshone Ancestral Foods in collaboration with the Restoring Ancestral Foods Group. Learn how to save money, cook quick and healthy meals, and stretch your food dollar by contacting your Wind River Reservation CNP Educator at <https://uwyocnp.org/wrir/>

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