

# Berry Yogurt Parfaits

## Ingredients

4 cups vanilla yogurt

4 cups berries (blueberries, raspberries, strawberries, etc) and other fruit (bananas, peaches)

4 tablespoons granola

## Instructions

In a tall glass, layer 1 cup vanilla yogurt with 1 cup fresh or frozen berries (if frozen, thaw first). Sprinkle 1 tablespoon granola on top. You can also make several layers of yogurt, berries and granola, smoothing the surface after each addition.

Makes 4 servings.

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# Strawberry Mousse

## Ingredients

1 cups heavy whipping cream

1 cup pureed strawberries

cup sugar

2 teaspoons lemon juice

## Instructions

1) Mix pureed strawberries, lemon juice, and sugar.

2) Whip heavy cream with an electric mixer until stiff peaks form.

3) Fold the strawberry mixture gently into the whipped cream until blended.

4) Pour the mousse into small glasses and refrigerate for 4 hours. Decorate with berries before eating!

Makes 4 servings.

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# Berry Popsicles

## Ingredients

2 cups plain yogurt

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# Mini Blueberry Hand Pies

## Ingredients

1 ½ cups blueberries  
1 tablespoon cornstarch  
1 teaspoon lemon juice  
1 teaspoon maple syrup  
1 egg beaten with 1 tablespoon water

3 tablespoons sugar  
1 teaspoon lemon zest  
3 tablespoons cream cheese  
1 prepared double pie crust

## Instructions

- 1) Preheat the oven to 400°F. Line a baking sheet with parchment paper.
- 2) Mix blueberries, sugar, cornstarch, lemon zest and juice. Separately mix cream cheese and maple syrup until smooth.
- 3) Roll out pie crust. Cut out as many 5-6 inch circles as you can.
- 4) Place 1 tsp. cream cheese mixture and a tablespoon of blueberry filling in the center of each circle, with at least ½-inch clean border. Brush borders with egg. Fold over to enclose the filling. Crimp and seal the edges with a fork. Brush the tops with egg wash and slice a vent at the top.
- 5) Bake about 20 minutes until golden and filling is bubbling from the vent. Let cool before serving.



Makes about 8 mini pies.

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# Cranberry Sauce

## Ingredients

4 cups cranberries  
4 tablespoons water  
½ to 2 cups dried fruit or chopped peaches  
½ to 4 cups sugar, to taste

## Instructions

- 1) Put berries in a 2-qt. pan with a lid. Add water (earlier, firmer berries may need more water) and dried fruit.
  - 2) Bring just to a boil and stir.
  - 3) Add sugar to taste and stir.
  - 4) Remove from heat and pour into canning or pickle jars with good lids.
  - 5) Wipe the top of the jars dry and screw the lid on tight to seal.
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# Akutaq

Each family makes akutaq a little differently...there aren't any real instructions on how to make this recipe because we make it the way we were taught and we pass it down to our kids that way.

--Frankie Jordan, Kalskag

## Ingredients

3 to 4 pounds white fish, pike, or salmon  
Crisco or lard                      Vegetable oil  
Sugar                                  1/2 to 1 gallon berries

## Instructions

Chop the fish into large pieces. Place in pot and cover with water. Simmer for 20 minutes, then cool in pot.

Place cooked fish in bowl. Take out bones and skin, if needed, then crumble fish into small pieces.

Add two large scoops of Crisco, and stir for three to five minutes. Pour in about a cup of vegetable oil, and whip it up with your hand until it gets fluffy.

Pour about a cup of sugar into the mixture, and stir until sugar dissolves.

Add berries and mix.

Keep refrigerated.

