

Aronia Berry Recipes

But, in my opinion, aronia berries are too good to let the birds have them all but you may want to share some of them with the songbirds that visit your garden. Aronia plants also look great and they are easy to grow in the home landscape and in wildlife plantings or windbreaks.

Some or all of the berries can be left on the plants and used to provide food for songbirds in mid- to late-winter. The wine shown below is called Eldaronia. You can eat them fresh (or frozen) in hot breakfast cereals, salads , jelled dishes , with meats , or you can use them in many other ways.

Pies are not the only thing you can make with aronia berries. On-the-other-hand, I might make a pie from one of the pie recipes in the aronia cookbook, A is for Aronia, by my friend Cheryl Saker. I think my third pie will also be an aronia berry pie.

It was an aronia berry pie and it was much better than my first pie. If you don't want to do it yourself, then you can purchase many different commercial products made from

[aronia berries](#). You can also dry or freeze the berries for later use.

Then you can pick the berries and eat them fresh off the bush either raw or processed in many different ways. You can use aronia berries in many different ways. Click here to see all our mega antioxidant Aroniaberry Products for sale online.

For super savings, buy 6 packs of our Aronia Berry products. And they make a great substitute in other berry recipes, from cranberry sauce to blueberry muffins. Made with pre-made pie crust and stuffed with [aroniaberries](#), these pastries are quick and easy.

These Aroniaberry Hand Pies make the perfect breakfast or dessert! Place defrosted Aroniaberries in your cookie dough on the cookie sheet. Place aroniaberries, raspberries and other berries in your ice cube trays.

You may want to add additional honey or sweetener to the recipe. 1/2 oz. Aronia Berry Cherry Liqueur. Recipes, Healthy Meals, Private Parties + More!

The Healthy Greek Cookbook , a collection of 90 Greek recipes, which offers a creative new voice in the cannon of

Greek cooking. I tantalize palates throughout the city with in-home culinary services, small party catering, cooking classes, and Greek-themed pop-up dining experiences, which have been featured in Food & Wine magazine among other media outlets. I am a professional chef, cookbook author, recipe developer, and food writer based in Los Angeles, California.

The most exciting aspect about this berry is it's high level of polyphenols : micronutrients derived from plant-based foods that are packed with antioxidants. But in their dried form, Aronia Berries are sweet, slightly tannic, sort of like a current or raisin. These berries are slightly astringent if you eat them fresh.

They grow on deciduous shrubs mostly in the Midwest, which gives them the added benefit of having a low-carbon footprint.