Food with Aronia

With apples and aronia berries as the only two ingredients, this isn't your average food.

We were intrigued when Aroniaberry, whose latest line contains no artificial colors, flavors, or preservatives, told us about their new flavor — and rightfully so. According to the *Journal of Agriculture and Food Chemistry*, the berry has one of the highest antioxidant values ever recorded for a fruit, beating out the blueberry, the goji berry, and my personal favorite, the acai berry. The chokeberry is the same as the black aronia. The aronia berries or how much to add to the recipe you have using.

I have been growing black chokeberries for 8 years now. Do you have a fabulous Aronia Berry (Chokeberry) Recipe? The flavor of aronia berries inspired me to make a cocktail - Aronia Berry Gin & Tonic.

An article by *Medical News Today* lists possible health benefits of aronia berries, also known as chokeberries. Introducing Aronia Berries, the new super food + recipe. For anyone like me, scouring the internet looking for Chokeberry/Aronia recipes, without much luck, the jam recipe here is great!

Berries may be fresh or frozen and will tend to turn the cookies a swirly purple when mixed. Mix together butter (or oil), eggs, sugar, pears, aronia berries, and vanilla. Enjoy with sparkling water for a thirst quenching, nutrient dense beverage, add to fruit salad to brighten flavor or to a vinaigrette for a green salad dressing, enjoy off the spoon or drizzle over pancakes!

Simmer aronia with vinegar until berries pop, crush with a potato masher, let sit until cool, press mixture through a mesh sack, return juice/vinegar to pan, heat with honey and fennel just long enough to dissolve honey. Along

with reducing general inflammation and specifically inflammation of the urinary tract adding aronia berry to your diet is a simple, delicious way to improve health. Dried aronia berries can be purchased in many health food stores and make the perfect healthy snack on the go, or used as an ingredient in salads and baked goods.

Native to North America, aronia berries are also known as chokeberries because of their tart, mouth-drying effect when consumed. One of the newest members to the super fruit team, aronia berries, are known to promote an array of health benefits including cardiovascular health and immune system support, as well as aiding in digestion. Although you don't see Aronia berries hanging out on supermarket shelves much, they're big players in the concentrated juice game: Companies have used them for years to boost color, flavor and nutritional value.

The Aronia berry is commonly known as the chokeberry (not to be confused with chokecherry, which is a different thing entirely) due to its pucker factor, and popping these pleasantly acerbic berries in your mouth is like chomping down on sour candy. He tells us all about the aronia berry and shares a smoothie recipe with us using the berries. I'd take a sample of the leaf and berries to your local nursery and have them ID it for sure before eating it in any quantity - there a quite a few shrubs that have black berries, and a few of them are toxic - but you may very well have aronia growing in your backyard!