

Aronia Berry Juice

Bootstrapper's Blends is ideal for you if you have perfected a Soda, Seltzer, Shrub, Tonic, or Syrup recipe that you want bottled without paying for production yourself upfront.

Many people have been adding a shot of Apple Cider Vinegar... Made with Aronia berries grown organically and hand-picked by the founders of Bootstrapper's Blends at their small farm in Vermont. Many people have been adding a shot of Apple Cider...

The antioxidant properties of [Aronia Berry](#) can contribute to the prevention of diseases caused by oxidative stress, such as certain cancers, cardiovascular diseases and chronic inflammations. Aronia produces one of the highest antioxidant values for all fruit ever recorded. For the syrup you can use decoction of morello cherry leaves (handful leaves per 1l water).

Delicious jam will be made if you add the same amount of apples chopped in pieces. For the topping, sweetened apple juice can be used (220 gr per 1 l juice). Poured that way, the jars are left for 2-6 hours and then sterilized for 20-25 minutes in boiling water.

The juice is filtered by fruit squeezer and spilled in 1.5l bottles. The beetroot is washed, scald and the juice is filtered by it (it is easier with fruit squeezer). The apples and the beetroot are washed, scald and their juice is filtered.

The obtained mixture is mixed with sugar (1:1) mixed well and heated up to 70C after that is spilled in warm jars. The damaged fruits are replaced in order not to damage the production. For long-term storage, the fruits are gathered with inflorescences with the help of scissors and after that they are thread on on a wire or sisal.

For high blood pressure, it is useful to consume 100 gr. fruits or 50r. According to it consistence it is similar to morello cherry, cranberry, winter apples and significantly excels the forest strawberry, raspberry and the red currant. About Bobica LLC: We grow our own aronia berries - our berries are organic, EKO-certified by the EU. - Bobica's products are made with 100% aronia berries.

Note: The berries are nutrient-rich and beneficial for our health and well-being. It is not completely soluble in water because there are no anti-clumping additives, so there will be some clumps in water. Recommended use: Mix one to two teaspoons of aronia powder into your favorite yogurt, msli, oatmeal, honey, cereal, ice cream...).

One of the highest levels of antioxidants measured in fruit (ORAC). It is not completely soluble in water because there are no anti-clumping additives. After giving this syrup to my kids, they are almost never sick, year after , I've sold thousands of bottles of elderberry syrup and started my own business.

I ended up buying my own organic elderberries and making a recipe from home. So, I looked into ways to naturally support their immune systems, found out about elderberry syrup and decided to give it a try. Storage: We don't use additives or preservatives, so our syrup is best enjoyed within 6 months of opening.