



Aronia Berry Recipes

Midwest Aronia Association

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Aronia berry...the powerpacked superfruit of superfruits! Aronia, also known as the black chokeberry, is a deciduous shrub native to North America and is often confused with chokecherry. The intense violet-black colored berries can vary in size, but are most commonly a similar size to the blueberry. Harvested in late summer, berries are juicy with an astringent dry taste. Berries can be enjoyed fresh on salads or blended into smoothies. Frozen Aronia berries, or even pressed juice, can be substituted for other fruits in baked goods, jellies, yogurt, sorbet or juice blends. Other uses include winemaking, tea, syrup, salsa, spreads and as natural food coloring. We invite you to share in the goodness and many health benefits of the Aronia berry through our collection of recipes...from down-home comfort foods, to innovative gourmet dishes and creations for the health-minded. We hope you enjoy these recipes as much as we have in the creation and 'taste-testing' of them!

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