

ARONIA BERRY RECIPES



by HealthyGroves.com



Enjoy making our recipes & have fun creating your own! – Grandma Sharon

OATMEAL ARONIA COOKIES

- 1 $\frac{3}{4}$ cup flour
- 1 tsp baking soda
- $\frac{1}{2}$ tsp salt
- 2 sticks margarine room temp
- 1 $\frac{1}{4}$ cup brown sugar
- $\frac{1}{2}$ cup sugar
- 2 large eggs
- 2 tsp vanilla
- 3 cups rolled oats old fashioned or quick
- 1 cup pecans or walnuts
- 1 cup coconut flakes
- 1 cup Aronia berries frozen

Preheat oven to 350 degrees. Spray or use your margarine wrappers to grease 2 baking sheets. Stir the flour, baking soda and salt together in a small bowl. Set aside.

In a bowl of a stand mixer w/paddle or hand mixer, cream margarine, sugars until smooth. Add eggs one at a time, mixing thoroughly after each. Stir in vanilla.

Important! Mix on low; add dry ingredients only until incorporated. Over beating will make flat cookies.

Using a wooden spoon, stir in the oats, then pecans and coconut. Add frozen Aronias and fold quickly. This will keep the cookies from turning purple.

Spoon uniform 1 $\frac{1}{2}$ " balls on baking sheet with 2" spacing.

Bake for 6 to 9 minutes. Remove when edges begin to turn-cookies will continue to bake while cooling. After 5 minutes on baking sheet, remove to wire cooling rack.

ARONIA BERRY PIE

2 Tbsp butter
4 cups Frozen Aronia berries
1 $\frac{3}{4}$ cups honey
5 tsp lemon juice
 $\frac{3}{4}$ cup flour

Melt butter in saucepan. Stir in and heat berries, sugar and lemon juice.

When juice of the Aronia berries flows, stir in flour. Cool to room temperature.

Meanwhile, line pie pan with crust. Pour in cooled mixture. Put on top crust; flute; slit. To catch juice, put foil on the pie skirt or cookie sheet. Shape upward around pie pan without covering pie.

Bake at 425 degrees until crust is browned, about 40 - 45 minutes.

Cool, then refrigerate overnight. The filling should set up nicely.

ARONIA- ORANGE & BLACK WALNUT BREAD

2 cups flour
1 cup sugar
1 tsp salt
1 $\frac{1}{2}$ baking powder
 $\frac{1}{2}$ tsp baking soda
1 TBSP grated orange peel
 $\frac{3}{4}$ cup orange juice
2 Tbsp soft butter
1 beaten egg
 $\frac{1}{2}$ cup chopped black walnuts
1 $\frac{1}{2}$ cups Aronia berries

Mix all dry ingredients well. Then add orange juice, butter and beaten egg. Blend well.

Fold in black walnuts and Aronia berries. Spread evenly in loaf pan.

Bake 60-70 minutes at 350 degrees. Or (fill 2 small loaf pans $\frac{2}{3}$ full and bake small loaves about 35 minutes at 350 degrees.) Cool on wire rack.

APPLE-ARONIA CRISP

Topping:

1 cup flour

1 cup packed brown sugar

½ cup butter, softened

¾ cup rolled oats

4 cups diced or sliced apples

1 cup sugar

1 Tbsp cinnamon

1 tbs vanilla

1 cup Aronia berries

Topping: Cut in butter until crumbly, add flour, brown sugar and rolled oats. Mix.

In 9" square baking pan, place apples mixed with 1 cup sugar, vanilla and cinnamon. Add thawed Aronia berries. Carefully fold together. Sprinkle topping evenly over apple/Aronia mixture.

Bake at 350 degrees for 60-70 minutes or until apples are tender. Place a cookie sheet under baking pan to catch any liquids/juices that may dribble over.

Serve warm with ice cream.

ARONIA BERRY SMOOTHIE

1 cup frozen Aronias

1 cup orange juice

1 cup of your favorite fruit (pear, peaches, pineapple, etc.)

Optional 2 cups spinach

Combine ingredients in blender and blend thoroughly for 2 minutes.

ARONIA-RHUBARB SAUCE

4 cups rhubarb

2 cups Aronia berries

2 cups sugar (or adjust to taste)

Combine all ingredients in a saucepan and simmer until thickened.

Great to be used on pancakes, by itself, on ice cream, etc.



BAKED ARONIA BERRY/OATMEAL MUFFIN CUPS

(Great for persons who are gluten intolerant)

- 2 large eggs
- 1 tsp vanilla
- 2 cups unsweetened applesauce
- 1 Tbsp honey
- 2 ½ cups rolled oats
- 1 Tbsp cinnamon
- 1 ½ tsp baking powder
- 1 ½ cup almond milk or milk
- 1 cup dried aronias
- 1 cup walnuts

Combine eggs, vanilla, applesauce, honey and milk. Mix well. Add to liquid-oats, cinnamon, baking powder and dried aronias. Stir well to combine.

Spray muffin tins with cooking spray. (Makes approx. 16 muffins.) Scoop the mixture into the greased pans. Allow to sit in the pan while the oven preheats to 350 degrees.

Bake 25-30 minutes until golden brown. Allow to cool in the pan. Will keep in refrigerator 5 or so days.

ARONIA BLACK BEAN CHILI

2 cups chicken broth
1 cup fresh/frozen Aronia berries
1 Tbsp olive oil
1 cup onion
1 Tbsp chopped garlic
2 tsp finely chopped jalapeno peppers
2 cups chopped cooked turkey
1 chopped red or green pepper
4 Tbsp chili powder
1 ½ tsp ground cumin
1 tsp ground coriander
1 tsp dried mustard
½ tsp dried oregano
4 cups chopped tomatoes
1 can (16 ounces) black beans
¼ cup chopped cilantro

Heat one cup of broth and pour over the Aronia berries in a small pan. Set aside.

In a 4 quart saucepan, sauté onion in olive oil 5 minutes-do not brown. Add garlic and jalapeno, cook one minute.

Add turkey, seasonings, tomatoes and remaining broth. Bring to a boil and reduce heat, simmer uncovered 5 minutes.

Stir in black beans, Aronia mixture and cilantro. Heat thoroughly.

Serves 8. Garnish with tortillas, red onion and cheese.

ARONIA SALSA

4 Roma tomatoes
1 small onion
1 Tbsp garlic
1 tsp salt
2 Tbsp lemon juice
½ jalapeno pepper
½ cup Aronia berries

Chop all ingredients together and serve.