

Aronia berries (also known as chokeberries) are tart and can be used in a variety of recipes, often combined with sweeter fruits or other ingredients to balance the flavor. [[1](#), [2](#), [3](#), [4](#), [5](#)]

Jams, jellies, and preserves

- **Simple aronia preserves:** Mash washed aronia berries with water and vinegar. Bring to a boil, then cool. Strain the juice and mix with applesauce, pectin, sugar, and spices like cinnamon and lemon zest. Cook until it reaches a gel-like consistency.
- **Aronia berry jam with honey:** Cook aronia berries with honey and a small amount of water. You can add cinnamon for extra flavor. Simmer until the berries are soft and the mixture has thickened. Use a blender for a smoother texture or crush the berries with a spoon for a chunkier jam.
- **Aronia and cranberry sauce:** Combine aronia berries with cranberries, sugar, water, orange juice, and orange zest. Cook in a skillet until thickened for a twist on a classic holiday sauce. [[1](#), [2](#), [6](#), [7](#), [8](#)]

Drinks and cocktails

- **Aronia berry simple syrup:** Cook aronia berries in a saucepan with a little water until the juices are released. Strain out the pulp and seeds to create a concentrated syrup.
- **Aronia old-fashioned:** Mix bourbon, aronia berry syrup, and bitters. Garnish with an orange twist for a fruity cocktail.
- **Aronia berry mocktail:** Combine aronia syrup, lemon juice, and apple cider or champagne vinegar, then top with sparkling water. Garnish with mint or lemon balm.
- **Aronia juice:** Cook aronia berries with water, then strain the liquid. Boil the juice again with sugar to create a syrup. You can also mix aronia juice with other fruit juices for a custom blend. [[9](#), [10](#), [11](#), [12](#), [13](#)]

Baked goods and desserts

- **Aronia oatmeal cookies:** Mix flour, spices, and oats, then cream together softened butter and sugar. Add eggs and vanilla, then fold in the aronia berries. Drop spoonfuls onto a cookie sheet and bake for 8–10 minutes.
- **Aronia banana bread:** Blend aronia berries with a classic banana bread batter. The tartness of the berries is a great contrast to the sweet bread.
- **Aronia oatmeal crumble bars:** This vegan recipe uses rolled oats, spelt flour, and brown and coconut sugars for the base, with an aronia berry filling.
- **Smoothies:** For a healthy boost, add aronia berries to your favorite smoothie. Combine with ingredients like coconut milk, bananas, and other fruits like raspberries. [[2](#), [14](#), [15](#), [16](#), [17](#)]

Savory and other recipes

- **Aronia vinaigrette:** Blend cooked and syrupy aronia berries with vinegar and slowly add oil to form an emulsion. This makes for a tart and tangy salad dressing.
- **Aronia energy bites:** Process pitted dates, almonds, aronia berries, and cacao powder in a food processor with almond butter until a sticky "dough" forms. Roll into balls and coat in shredded coconut.

- **Fermented aronia berry chutney:** Mix chopped aronia berries and apples with pineapple, lemon juice, spices, whey, and nuts. The fermentation adds a unique tang. [9, 18, 19, 20, 21]

All responses may include mistakes.

- [1] <https://foragerchef.com/simple-chokeberry-aronia-preserves/>
- [2] https://bento.cdn.pbs.org/hostedbento-prod/filer_public/mpt_page_images/programs/mdfh/recipes/recipe_607_Aronia.pdf
- [3] <https://www.frontiercoop.com/blog/aronia-berry-recipes>
- [4] <https://www.myberryforest.com/luxury-berry-porridge/>
- [5] <https://www.wrightfamilyfarmsmn.com/aronia-berries/using-aronia-berries-to-enhance-health/>
- [6] <https://www.youtube.com/watch?v=pDzz980CBHU>
- [7] <https://www.youtube.com/watch?v=7ryQ8Zkbtuc>
- [8] <https://www.sharedlegacyfarms.com/meet-the-aronia-berry-the-tiny-superfruit-growing-on-our-farm/>
- [9] <https://www.frontiercoop.com/blog/aronia-berry-recipes>
- [10] <https://tasteisyours.com/aronia-chokeberry-juice-recipe/>
- [11] <https://www.rieglpalate.com/aronia-old-fashioned/>
- [12] <https://www.youtube.com/watch?v=vzQ1LQcTkPw>
- [13] <https://www.gastronomblog.com/aronia-berry-syrup/>
- [14] <https://www.nelsonaroniafarm.com/recipes>
- [15] <https://www.vibrantplate.com/aronia-oatmeal-crumble-bars-vegan/>
- [16] <https://barhamgardens.wixsite.com/barhamgardens/aronia-breads-bars-cookies>
- [17] <https://butternutbakeryblog.com/goosey-butter-oatmeal-cookies-crack-pie-cookies/>
- [18] <https://vomitingchicken.com/fermented-aronia-berry-chutney-tangy-party-on-your-tongue/>
- [19] https://foragerchef.com/aronia_berry_vinaigrette/
- [20] <https://www.nelsonaroniafarm.com/recipes>
- [21] <https://www.homeorchardededucationcenter.org/arboretum-blog/aronia-wojapi-recipe>