

# the Aronia Berry

*Aronia melanocarpa* (Native in North America)



## Nutrition Facts

Amount	100g
	% Daily Value
Calories	47 kcal
Total Carbohydrate 9.6g	7%
Dietary fiber 5.3g	14%
Protein 1.4g	2.5%
Vitamin A	7%
Vitamin C	35%
Vitamin B6	6%
Iron	8%
Manganese	32%
Vitamin K	17%



## Aronia Oatmeal Cookies Recipe

Ingredients: ½ cup butter, softened; 1 cup packed brown sugar; 1 egg; 1 tsp. vanilla extract; 1 ½ cup instant oatmeal; 1 cup flour; 1 ½ tsp ground cinnamon; ¼ tsp salt; ½ tsp baking powder; ¼ tsp baking soda; 1 cup fresh aronia berries;

Steps:

- In a bowl, cream butter and brown sugar. Beat in egg and vanilla. Combine oats, flour, cinnamon, salt, baking soda and baking powder; gradually add to the creamed mixture. Stir in the aronia berries. Drop by heaping teaspoonfuls onto lightly-greased baking sheet.
- Bake at 350 degree for 12 to 14 min, or until golden brown.



## Where to find?

### Fruits

- Bellbrook berry farm
- Morning Glory Natural Foods, ME
- Nuts.com

### Juice

- Amazon
- Superberries.com

### Jam

- Superberries.com
- Etsy.com