

Aronia Berries and Elderberries Benefits and Uses

Aronia Berry Uses

Fresh aronia berries: The tart flavor works well with sweet and savory foods. Provides a vibrant purple color to all additions.

Here are some versatile ways to enjoy them:

Beverages: can be added to juices, syrups and smoothies. Recommend to cook berries first and make a liquid extraction to make beverages

Baked Goods: For a twist of tart flavor, add 1/4 cup of aronia berries to the batter for cookies, muffins, breads, fruitcake or pancakes.

Elderberries Uses

Fresh Elderberries: Consumed as fresh berries in recipes, such as jams, pies, smoothies, or added to breads. (Adds a unique taste and crunchy texture to bread). Rich in antioxidants, supporting overall health. Contains vitamins and minerals for immune system support. It is not recommended that elderberries be ingested raw. Cooking or baking is always the safest way

Elderberry Syrup: Consumed directly or added to beverages. Used as a topping for desserts, breakfast items, or drizzled on bread. Supports the immune system with antioxidant-rich elderberries. May help alleviate symptoms of colds and flu.

Elderberry Tincture: Added to liquids and especially teas for a concentrated herbal infusion. Used in herbal blends, remedies, mixed with bread, or incorporated into baking. Concentrates elderberry compounds for potential immune support. Versatile addition to various beverages, recipes, and baking for health benefits.

Elderflower Tincture: Added to teas, other herbal infusions, and incorporated into baking. Blended with beverages for a floral flavor. May have anti-inflammatory and antioxidant properties. Supports respiratory health and may aid in easing congestion.

Elderberry Supplementation Reduces Cold Duration and Symptoms in Air-Travellers: A Randomized, Double-Blind Placebo-Controlled Clinical Trial
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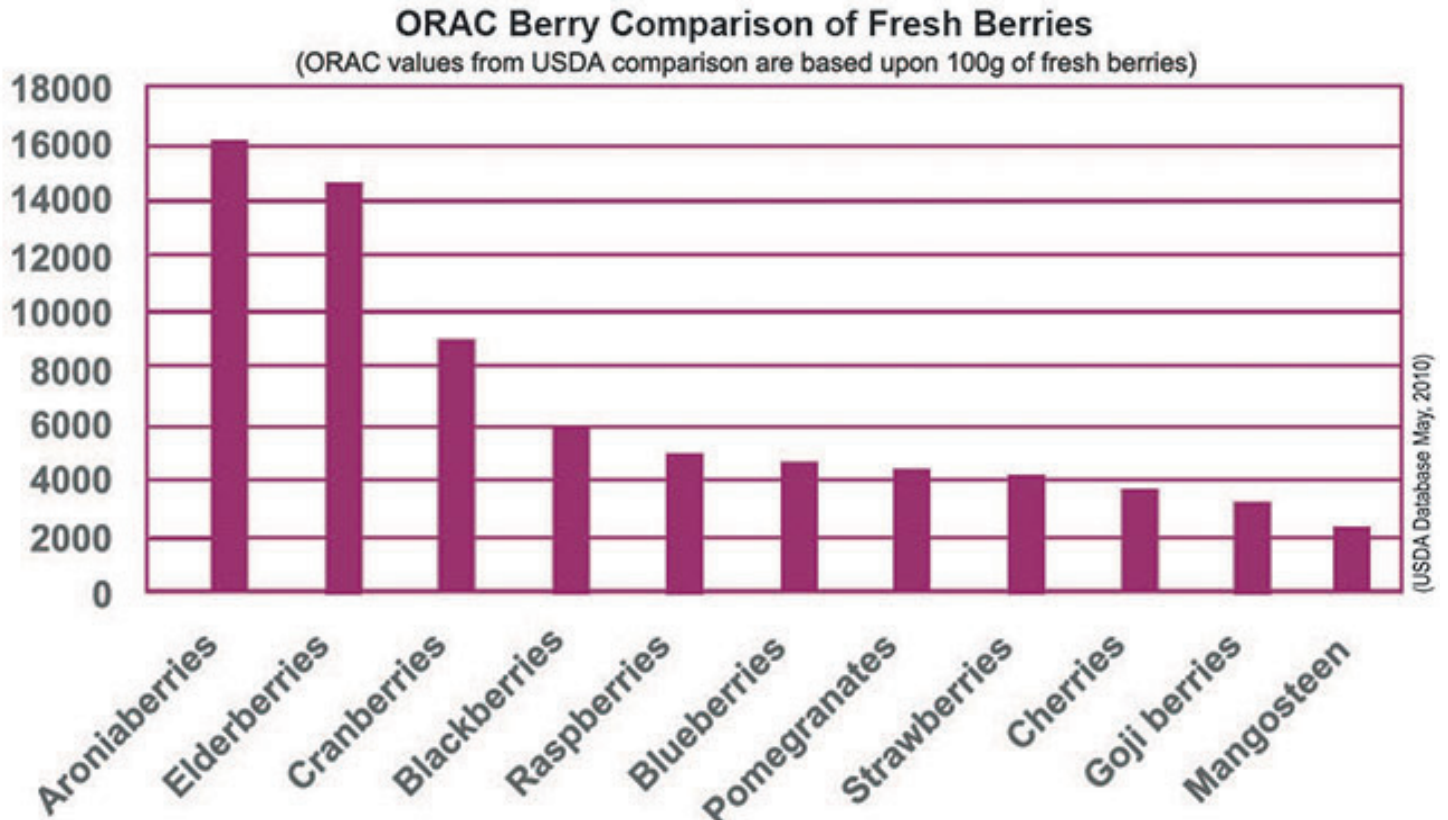
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See page 2 for Berries Comparison Chart.

Berries Comparison Chart



NOTE: Chart does not include the Acai berry because a powder was used rather than a fresh berry in the study.