



ARONIA BERRY: THE MIDWEST SUPER FRUIT

Aronia berries, also known as chokeberries, are native U.S. super fruits grown right here in the Midwest that contain many beneficial health properties.

These dark purple berries have many valuable nutrients that make them a powerful super food. Check out these “berry” good health benefits the aronia berry has to offer:

- Aronia berries are considered to have some of the highest concentration of antioxidants and are leaders when compared to many other fruits. They have three times the concentration as blueberries.
- The high antioxidant level may support heart health with the berry’s natural blend of polyphenol antioxidants, which have been shown to help fight diseases caused by oxidative stress.
- Aronia berries are rich in anthocyanins, having three times as many as tart cherries. Anthocyanins are the deep purple color found in these berries that protect the heart, and may act as an anti-inflammatory to help ease arthritis pain.

The nutritional spotlight shines bright on this super fruit. Celebrate this month by adding these small berries into your diet.

Enjoy fresh. Stuff the small aronia berry inside a fresh raspberry for the perfect bite!

Make a smoothie. Throw in frozen aronia berries or add aronia berry concentrate to a smoothie when blending. Blend until desired consistency and start sipping on all those healthy properties.

Bake into a sweet bread. Toss them into your next batter alongside blueberries, cherries or strawberries to make a delicious sweet treat!

Add concentrate to a drink. Add one tablespoon of aronia berry concentrate to lemonade, iced tea, smoothies or water for the ultimate refreshing drink.

WHAT'S NEW & EXCITING



HY-VEE ORGANIC COCONUT OIL

Has no trans fat and is gluten-free. Available in Refined and Unrefined Extra Virgin varieties. Coconut oil can be used in place of butter, margarine, shortening or cooking oils for baking and frying. Also may be used for skin moisturizer or hair conditioner.



FIT POPCORN

Make snacking healthy without giving up flavor with this all-natural, whole grain popcorn. Made with non-GMO corn and meeting kosher requirements, this gluten-free goodness also contains zero trans-fat and fewer than 40 calories per cup! Fit popcorn even comes in five delicious varieties: Sea Salt, Olive Oil, Parmesan & Herb, Onion Dijon, and Real Butter.



FULL CIRCLE PROJECT 7 GRANOLA

Full Circle has paired its natural and organic mission with Project 7's social advocacy. Each bag of granola purchased will provide one meal for the hungry in America. Granola varieties include Fruit and Nut, Oats and Honey and Flax and Pumpkin.

Dietitian Pick of the Month

SAWMILL HOLLOW ORGANIC ARONIA BERRY FLAX OIL

Did you know?

Aronia berries are powerful super fruits grown here in the Midwest and have higher antioxidant levels compared to most other fruits and vegetables.

Sawmill Hollow Organic Aronia Berry Flax Oil:

- From highly concentrated organic aronia berries
- One serving gives you the antioxidant equivalency of eight servings of fruits and vegetables
- Flax oil is cold, artisan-pressed for the highest Omega 3, 6 and 9 content
- Enjoy plain or add to smoothies, yogurt and oatmeal

Other Food Ideas Using Aronia Berry Products

- Heartland Berry Farms Aronia Concentrate – add one tablespoon to iced tea, lemonade or smoothies
- Sawmill Hollow Aronia Cayenne Sauce – pour over cream cheese, serve with crackers
- Sawmill Hollow Aronia Chili Starter – combine with chili ingredients



Dietitian Recipe of Month

ARONIA BERRY CAYENNE SAUCE AND CREAM CHEESE

Serves: 6

Try this tailgate favorite with an aronia berry twist!

ALL YOU NEED

Sawmill Hollow Aronia Berry Cayenne Sauce (3 ounces)

1 Hy-Vee 1/3-less-fat block cream cheese

ALL YOU DO

1. Poke cayenne seeds in aronia cayenne sauce down (mix of sweet and spice throughout).
2. Place block of cream cheese on plate.
3. Cut a slight line in the middle of cream cheese.
4. Pour aronia cayenne sauce over cream cheese; Serve with crackers.

Nutrition information per serving:

130 calories, 11g carbohydrates, 0mg cholesterol, 0g fiber, 8g fat, 3g protein, 5g saturated fat, 150mg sodium, 10g sugar, 0g trans fat. Daily values: 2% vitamin A; 2% vitamin C; 4% calcium; 0% iron.