

## Chocolate Cream Cheese Aronia Cupcakes

Aronia Berries from Akronia  
Valley™  
Recipe from Jane McConeghey

### Cream Mixture:

- 8 oz. cream cheese (room temperature)
- 1 cup chocolate chips
- 1 egg
- 1 cup fresh or thawed Aronia berries
- 1/3 C sugar

### Cupcake Batter:

- 1 cup sugar
- 1 cup water
- 1 1/2 cups flour
- 1/3 cup oil
- 1/4 cup cocoa
- 1 tablespoon vinegar
- 1 teaspoon baking soda
- 1 teaspoon vanilla
- 1/8 teaspoon salt

Blend cream cheese, egg, sugar and salt until smooth. Fold in chips and berries and set aside. Sift sugar, flour, cocoa, baking soda and salt. Stir in water, oil, vinegar and vanilla and beat until smooth. Fill paper lined baking cups 1/3 full with batter. Top each one with a heaping teaspoon, or small size cookie scoop, of cream cheese mixture. Bake in 350 degree oven for 30-35 minutes. Yields 2 dozen.

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## Akronia Valley™ Contact Information

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## Akronia Valley™ Products

**Aronia Berry Honey**

**Aronia Berry Creamed Honey**

**Frozen Aronia Berries**

**Aronia Berry Powder**

**Frozen Aronia Berries**

**Aronia Berry Wine**

**& More**

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## Akronia Valley™ The Shield for Healthy Living



*Written by Jade Jensen*

Rising Star Intern  
Plymouth, Woodbury, Monona  
Counties

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“Aronia berries have tons of health benefits.”

### Meet Akronia Valley™

The next time you find yourself walking the streets of downtown Akron, Iowa, make sure to stop into Broken Kettle Wine Cellars, 130 Reed Street, and see what all the buzz is about. Akron Apple & Aronia Inc. is a joint business venture between Tony & Jennifer Heisterkamp and John & Mary Lucken. Both couples have apple & aronia berry farms, Eden Valley Apple Orchard & Farm and Bluebird Springs, respectively. Today between the two couples they have 7,000 Aronia berry bushes! From this they have developed value added products featuring the healthy Aronia berry. You

will find 100% Pure Aronia berry juice, Aronia berry honey & powder, as well as Aronia berry and other fruit wines at Broken Kettle Wine Cellars.

### About the Berries

Aronia Berries are native to North America and grow exceptionally well in the Midwest. In the early stages, Aronia berry bushes have tiny white flowers on them, these blossom around mid April to early May. The best time to harvest Aronia berries is in September, where they are usually harvested by hand or with an automated harvester. Aronia berries are the highest antioxidant fruit in the world and contain about 16,000 mg of antioxidants. There has been research done that shows that Aronia berries can help reduce inflammation, improve eye, heart and urinary health, along with slowing down the aging process.

### & More

At Broken Kettle Wine Cellars you are sure to find a wide variety of Aronia berry products such as Super Beary Aronia Berry Honey, Aronia Berry Creamed Honey, Aronia Berry Powder, and 100% Pure Aronia Berry Juice. You will also find a variety of different kinds of wine and even the special Aronia Berry wine. Come check out Broken Kettle Wine Cellars and learn more about the Midwest grown super fruit today.



Come check out our store!

