



Eat well
Make a difference

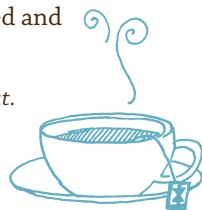
Peppermint Patty in a Cup

Contributed by Andrew Driscoll, Natural Foods Sales Representative for Equal Exchange

- 4 c. water
- 5 bags **EQUAL EXCHANGE** Organic Peppermint Tea
- 1 c. **EQUAL EXCHANGE** Organic Hot Cocoa
- ½ c. half and half

Bring water to a near boil. Steep the 5 bags of peppermint tea in the water for 4-5 minutes, then take out. Add the hot cocoa and half and half, turn heat on low and stir until fully dissolved and heated. Serve with an optional mint garnish and enjoy!

Try with Equal Exchange Organic Chai Tea for a spicy, warming treat.



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Perfect Brownies

Contributed by Esther West, Community Sales Representative for Equal Exchange

INGREDIENTS:

- | | |
|---|---|
| 1 stick (1/2 c.) butter | 3/4 c. flour |
| 1/4 c. EQUAL EXCHANGE Organic Extra Virgin Olive Oil | 1/3 c. EQUAL EXCHANGE Organic Baking Cocoa |
| 1 bar EQUAL EXCHANGE Organic Milk Chocolate with a Hint of Hazelnut (or 12 EQUAL EXCHANGE Milk Chocolate Minis with a Hint of Hazelnut) | 1/2 tsp. salt |
| 1 c. packed light brown sugar | 1/4 tsp. baking powder |
| 1 tbsp. pure vanilla extract | 12 EQUAL EXCHANGE Organic Milk Chocolate Minis with a Hint of Hazelnut (or 1 bar EQUAL EXCHANGE Organic Milk Chocolate with a Hint of Hazelnut, broken into small pieces) |
| 2 large eggs | |



Optional: Sprinkle on some nuts if desired.

Turn over for directions >

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Zesty Italian Dressing

Contributed by Anna Utech, Community Sales Manager for Equal Exchange

- 1/3 c. wine vinegar
- 2/3 c. **EQUAL EXCHANGE** Organic Extra Virgin Olive Oil
- 1/2 tsp. celery seed
- 3 tsp. Italian seasoning
- 2-3 cloves garlic, minced
- 1/2 tsp. salt
- 2 tsp. sugar

Combine all ingredients except oil; whisk in oil in slow stream. Equal Exchange Organic Tamari Roasted Almonds also add a tasty touch to salads!

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ChocoCoconut Balls

Contributed by Coleen Shaull, West Bloomfield, MI



- | | |
|---|------------------------|
| 1 c. EQUAL EXCHANGE Organic Baking Cocoa | 2 c. shredded coconut |
| 1/2 c. coconut oil/butter, melted but cooled | 1/2 tsp. cinnamon |
| 1 tsp. vanilla | 1/2 tsp. sea salt |
| | 1/2 c. crushed walnuts |

In a bowl, mix shredded coconut, coconut oil, cocoa powder and vanilla. Add cinnamon and sea salt and mix well. Add crushed walnuts.

Use two melon ball scoops to shape the balls and place on a plate. Refrigerate until firm. Transfer to a plastic container for keeping.

Makes about 24 coconut balls. Perfect for parties!

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Perfect Brownies (CONTINUED)

Contributed by Esther West, Community Sales Representative for Equal Exchange

DIRECTIONS:

Preheat oven to 350°F. Butter a 9-inch baking pan.

Melt butter and the 1 large chocolate bar in a heavy saucepan over low heat. Stir constantly until smooth. Add olive oil. Remove from heat; cool to lukewarm. Stir in brown sugar and vanilla. Add eggs, beat well, until mixture is thoroughly mixed and glossy.

Stir remaining ingredients (already combined, excluding remaining chocolate and nuts) into the chocolate mix.

Pour most of the batter into pan. Insert minis and cover with a thin layer of batter. Add nuts if desired. Bake for about 30 minutes.

Turn over for ingredients >

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Alma de Mocha

Contributed by Esther West, Community Sales Representative for Equal Exchange

- 2 c. EQUAL EXCHANGE Organic Coffee
- 1 c. whole milk
- 1/2 c. EQUAL EXCHANGE Organic Sugar
- 1/2 c. EQUAL EXCHANGE Organic Baking Cocoa

Heat all ingredients together in a pot on the stove. Serve hot and spice it up with an optional cinnamon stick. If you like a stronger coffee flavor, use half as much water as you usually do to brew coffee.

Try with Equal Exchange Organic Ethiopian Coffee.



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Fair Trade Chocolate Fondue

- 1/2 c. organic heavy cream, plus extra for adding to the pot as needed
- 4 EQUAL EXCHANGE Organic Dark Chocolate bars, chopped - any variety



Dippables: You can dip almost anything in chocolate and it tastes good! Some favorites are strawberries, EQUAL EXCHANGE Organic Fair Trade Bananas, diced pineapples, salted pretzel sticks, dried apricots, apple slices, pound cake (cubed), ladyfingers

Prepare your dippables by cutting them into bite-sized cubes. Place in refrigerator (except bananas). Heat 1/2 c. of cream over medium heat in a non-reactive pot until it comes to a light boil. Remove from heat and add chopped chocolate bars. Allow them to melt for 3 or 4 minutes and then whisk chocolate and cream mixture together. Transfer melted chocolate to a fondue pot and serve. If mixture starts to solidify, add additional cream, 1 tbsp. at a time, to bring it to desired consistency.

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Marvelous Marinade

Contributed by Esther West, Community Sales Representative for Equal Exchange

- 1/3 c. EQUAL EXCHANGE Organic Extra Virgin Olive Oil
- 1/3 c. balsamic vinegar
- 1 tbsp. sesame oil
- 1/3 c. soy sauce
- 1/2 c. brown sugar
- 5 cloves garlic, crushed
- 2 tsp. honey
- 1 tsp. ground black pepper
- 1/2 tsp. oregano

Whisk ingredients together. A wonderful marinade for chicken.



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