

## Fair Trade Recipes for Your Oneg or Kiddush

Here are some delicious recipes that would be deliciousness to any Oneg Shabbat or Kiddush!

- SuperFruit Ancient Grain & Organic Chocolate Biscotti
- Strawberries Dipped in Chocolate
- Delightful Date Cookies
- Spiced Coffee Cooler

### Super Fruit Ancient Grain & Organic Chocolate Biscotti



Made with delicious dried cranberries and blueberries, organic pistachios and sunflower seeds, and Fair Trade chocolate, these light and crunchy biscotti are as nutritious as they are tasty. Recipe from SunSpire

#### Ingredients

- 1 2/3 cups unbleached white flour (or 1 cup unbleached and 2/3 cup whole wheat)
- 1 tsp baking powder
- 1 cup Fair Trade turbinado sugar
- Pinch of sea salt
- 2 large organic eggs
- 1 large organic egg yolk
- 2 tsp. organic pure vanilla extract
- ¼ tsp. organic cardamom powder
- 1 tsp. grated orange peel
- 4 oz Fair Trade 65%-71% Cacao Semi-Sweet Baking Bar, broken into small pieces
- ¼ cup crystallized ginger, roughly chopped
- ½ cup organic pistachios, roughly chopped
- ¼ cup organic dried cranberries, roughly chopped
- ¼ cup organic dried wild blueberries
- ¼ cup organic sunflower seeds

#### Directions

Toast all nuts and seeds and cool before using. Preheat oven to 350 °F, line a cookie sheet with parchment paper and set aside. Whisk together flour, baking powder and salt in a large bowl and set aside.

In a separate bowl, whisk together eggs, sugar and vanilla and set aside. Add egg mixture to flour mixture and combine gently using a wooden spoon. Using your hands, add in ginger, nuts and dried fruit combining just until all is incorporated. With floured hands, lift half the dough onto one side of prepared sheet pan, and pat into two chubby 12-13 inch long logs, spaced at least 3 inches apart.

Place pan on center of oven rack and bake for 35 minutes. Remove logs from oven, and transfer them onto a rack or another cookie sheet to cool. Let cool for 10 minutes -- no longer or they will become too hard to slice. Lower oven temperature to 300°F. Cut logs into thin slices, lay cookies on their sides, and bake again, this time for 10 minutes. Remove from oven and let cool completely before storing.

Yield: 2+ dozen biscotti

## **Strawberries Dipped in Chocolate**

Fresh fruits taste fabulous dipped into melted chocolate to make a delightful springtime treat to serve with coffee. Created for Divine Chocolate by renowned food writer Sue Ashworth.

### Ingredients

- 8 oz strawberries, with stalks
- 100g bar Fair Trade 70% Dark Chocolate Bar

### Directions

Melt the dark chocolate in a small bowl placed over pans of gently simmering water. Take care that the chocolate does not get too hot. Remove from the heat.

Carefully wash the strawberries and pat them dry with kitchen paper. Dip them into the melted chocolate.

Place onto sheets of greaseproof paper to cool and set.

Keep the chocolates in a cool place until ready to serve.

## **Delightful Date Cookies**

The recipe for these scrumptious cookies is provided by Equal Exchange

### Ingredients

- 1/2 cup (one stick) of butter, at room temperature
- 1/2 cup packed Fair Trade brown sugar
- 1/4 cup Fair Trade white sugar
- 1 egg
- 1 tablespoon brewed Fair Trade coffee, any variety
- 1/2 teaspoon alcohol-free vanilla extract or vanilla flavor, optional
- 1 cup all-purpose flour
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt

- 1 cup rolled oats
- 1 Fair Trade 65-71% dark chocolate bar, chopped into chunks
- 3/4 cup chopped pecans
- 1/2 cup dried dates, chopped
- 1/2 cup dried sweetened cranberries

### Directions

Preheat the oven to 350 degrees F. Lightly butter two baking sheets.

Cream together the butter and both sugars in a large bowl until smooth and light. Add the eggs, coffee, and vanilla, if using.

In a small bowl, mix together the flour, baking powder, and salt.

Add the flour mixture to the wet ingredients. Then, stir in oats, chocolate chunks, pecans, dates, and cranberries.

Drop rounded tablespoonfuls of dough, 2 inches apart, on the prepared baking sheets. Flatten each one slightly with the back of a spoon. 6. Bake the cookies until lightly browned, 10-12 minutes.

Makes about 3 dozen cookies.

## **Spiced Coffee Cooler**

A refreshing Kiddush beverage as the weather warms up. Recipe is from Equal Exchange.

### Ingredients

- 4 cups of double- strength Fair Trade Coffee
- 2 cinnamon sticks
- 4 whole cloves
- 3 whole allspice

### Directions

Combine brewed coffee with spices in a large glass pitcher or teapot. Steep for 30 minutes. Strain and pour over ice. Add cream, milk, sugar to your taste (powdered or superfine sugar melts fastest and best.)