

ICE CREAM GUFFI BANANI

Really? The main ingredient is something you'd throw away? And it's also part of your 5 a day? Surely, you say, this won't taste nice.

Make it. Prepare to be shocked.

Ingredients:

7 frozen Fairtrade bananas
3T of Fairtrade vanilla essence
8T of Fairtrade cocoa
4T of liqueur
6T Fairtrade brown sugar dissolved in a little water
Pinch of salt

Bananas- don't use nice edible ones. They need to have brown spots on the skin before they've got the right flavour. Don't throw them out, freeze them.

Liqueur- 2T orange and 2T caramel works well, but experiment. Not only does this give depth to the flavour, it means the ice cream can be scooped straight away without warming up

Method:

Stick all the above in a blender. Blend. It's now ready to eat or put it in the freezer for later.

T=tablespoon t=teaspoon

CANADIAN WACKY CAKE

A cake recipe that doesn't use egg??? And it really works!

Ingredients:

One and a half cups self-raising flour (8oz/226g)
One cup light brown Fairtrade sugar (8oz/226g)
Two and a half teaspoons bicarbonate of soda
Three tablespoons Fairtrade cocoa (or more to taste!)
Two and a half tablespoons vinegar
Five oz/142g melted margarine
One teaspoon Fairtrade vanilla essence
One cup tepid water (1/2 pint/284 ml)
Jam (Fairtrade raspberry jam is best)

Icing ingredients:

Two tablespoons cocoa
Four oz/113g icing sugar
2T Water to mix or more if needed

Method:

Mix dry ingredients (no need to sieve). Make three holes (one for vinegar, one for vanilla essence and 1 for margarine). Pour over tepid water and mix well. Pour into 2 x 8ins/20cm tins and bake for 40 minutes at 140-150°C. Leave in tin until cold. Cover one layer with jam. Put the second on top

Icing:

Sieve icing sugar and cocoa powder, mix with water to make a thick water icing and add to top of cake. Leave until set, then enjoy!

GREEN TEA INFUSED NO-BAKE ALMOND COOKIES

Cookies! That you don't have to bake! by Katy O'Brien

Ingredients:

50g Unsalted Organic Butter - (use coconut oil for dairy free or vegan)

1 cup/100g Coconut Sugar

$\frac{1}{2}$ cup/120ml Almond Milk

2 Fairtrade Clipper Organic Green Tea bags

180g of Whole Earth Almond Butter

$3\frac{1}{4}$ cup/280g of quick cooking oats

2 Tsp of Fairtrade vanilla extract

50g Seed & Bean organic dark chocolate

Method:

In a saucepan heat the almond milk until a few bubbles appear on the surface, then take off the heat and add the green tea bags for 1-2 minutes.

Remove the teabags and place the liquid back on a low heat and melt in the coconut sugar and butter

Remove the saucepan from the heat and stir in the almond butter, oats and vanilla extract

Drop about 1 tsp of the mixture per cookie onto wax/foil paper and place in the fridge or freezer to cool

Meanwhile, melt the chocolate in a bain-marie. Using a teaspoon drizzle the chocolate over the cooled cookies and then place back in the fridge to cool. Store until ready to serve.

UNUSUAL AND SO DELICIOUS!

A collection of rather odd Fairtrade recipes

Yes, Fairtrade is a great thing to support. But you're after things that taste good. And these do. They really do. The only thing we ask is that, where possible, you buy Fairtrade ingredients for them.

Fairtrade is about better prices, decent working conditions and fairness for farmers and workers in the developing world.

With Fairtrade you have the power to change the world every day. With simple shopping choices you can get farmers a better deal. And that means they can make their own decisions, control their future and lead the dignified life everyone deserves.



Please do not use these recipes unless you are taking responsibility for any consequences. They are mostly amateur recipes, however great.

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