



WORLD FAIR TRADE DAY FRUITY BREAKFAST RECIPES

To celebrate World Fair Trade Day, Tropical Wholefoods have put together a selection of fruity breakfast recipes to get your World Fair Trade Day off to a healthy fruity start.

The Tropical Wholefoods range - in striking new packaging - includes sun-dried bananas and pineapple from Uganda, organic mango from Burkina Faso, Fairtrade sun-dried apricots from Pakistan, organic and Fairtrade snack bars and a new product, Fairtrade apricot kernels in 3 flavours, natural, chilli-roast and tamari-roast.

Many of the products are organic and fairly traded and some carry the FAIRTRADE Mark.

Fairtrade Tropical Compote

The Earl Grey infusion in this gives an interesting subtle twist to the tropical flavour. Serves four and is easy to make.

Ingredients

75g Tropical Wholefoods Organic Fairtrade Dried Mango
50g Tropical Wholefoods Fairtrade Sun Dried Apricots
225ml Fairtrade Orange Juice
1 Fairtrade Earl Grey tea bag
Juice of half a freshly squeezed lime
1 tsp Fairtrade Honey
Half a tub of Greek Yogurt



Method

Pour the orange and lime juice into a small pan. Add the Earl Grey tea bag and bring to the boil. Stir, remove from heat and add in the mango and apricots. Leave for 30 minutes. Remove the tea bags, add the honey. Simmer again for 15 minutes and allow to cool overnight. Serve with a dollop of Greek yogurt and a drizzle of Fairtrade honey.

Fruit Shakes

Soak Tropical Wholefoods dried mangoes, apricots, bananas and pineapples in milk or yogurt for an hour, then blend for a real fruit shake.

Fruit Porridge

Simply add bananas and apricots from the Tropical Wholefoods range to a bowl of porridge.

Granola

Make your own granola by mixing together in a roasting pan:

6 parts oats,
1 part wheat bran or wheat germ
1 part chopped nuts,
1 part sunflower seeds,
1 part sesame seeds,
1 part coconut flakes

In a small saucepan, gently warm together:

1 part sunflower oil
1-2 parts runny honey, depending on how sweet you like it

Spoon over the mixture in the pan and mix around to coat evenly. Roast in the oven for about 45 mins to 1 hour (depending on how full the pan is) at 150 C. Stir thoroughly every 15 minutes. Take the pan out of the oven and while the mixture is still hot, immediately add:

1 part chopped Tropical Wholefoods Fairtrade sun dried apricots
1 part chopped Tropical Wholefoods dried mango and pineapple (easiest to cut with scissors)
1 part raisins

Allow to cool and store in air tight container.

Tea Cake with Bananas and Raisins.

This tea cake is very tasty and low in fat (at least until you spread it with butter – yummy). It's easy to make and if you don't eat it all at once, keeps very well in an airtight container.

Ingredients

500ml of strong Fairtrade tea
200g Tropical Wholefoods Chewy Banana Chips
200g Tropical Wholefoods Bogoya Banana Strips
125g Fairtrade raisins
160g Fairtrade Demerara sugar
125g Tropical Wholefoods Walnuts (roughly chopped)
1 large organic egg beaten into 2 tbsp milk
450g organic self raising flour.

Method

1. Heat oven to 170C/320F/Gas Mark 3.



2. Soak bananas and raisins for 90 minutes in well brewed tea.
3. Line two roasting tins of 23cm x 23cm and 22cm x 11cm with baking paper and grease the paper with vegetable oil.
4. Place soaked fruit in food processor and blend for a minute.
5. Pour into a bowl and stir in the remaining ingredients.
6. Pour the mixture into the lined tins and spread evenly. Bake in the centre of the preheated oven for about 40 minutes until golden brown on top and springy to the touch in the centre.
7. Straight away, turn onto a wire rack. As soon as it's cool, slice, toast and butter.

Fairtrade Hot Cross Buns

A fun twist on traditional Hot Cross Buns, making them with Fairtrade dried apricots and mangoes. Delicious toasted and buttered, and also with apricot jam.

Makes about 12 buns.

Ingredients:

50g, plus 1 level tsp, caster sugar
1 level tbs dried yeast (do not use the easy-blend dried yeast.)
450g plain flour
1 level tsp salt
1 rounded tsp mixed spice
50g Tropical Wholefoods Organic Fairtrade Mango chopped into 1cm pieces
75g Tropical Wholefoods Fairtrade Sun Dried Apricots chopped into 1cm pieces
40-55 ml warmed milk
1 egg, beaten
50 g butter, melted

For the glaze:

2 level tbs granulated sugar
2 tbs water

For the crosses:

4 oz (110 g) plain flour
3 tbs water



You will also need a greased baking sheet.

Method

1. First stir the teaspoon of caster sugar into 150 ml hand-hot water, then sprinkle in the

dried yeast and leave it until a good frothy 'beer' head forms.

2. Meanwhile sift the flour, salt and mixed spice into a mixing bowl and add the remaining 50 g of sugar, and the chopped dried fruits.

3. Make a well in the centre, pour in the yeast mixture plus 40 ml of milk (again hand-hot), the beaten egg and the melted butter. Now mix it to a dough, starting with a wooden spoon and finishing with your hands (add a spot more milk if it needs it).

4. Transfer the dough on to a clean surface and knead it until it feels smooth and elastic – about 6 minutes.

5. Now pop it back into the bowl, cover the bowl with a lightly oiled plastic bag, and leave it in a warm place to rise – it will take about an hour to double its original size.

6. Turn it out and knead it again, back down to its original size.

7. Divide the mixture into 12 round portions, arrange them on the greased baking sheet (allowing plenty of room for expansion). Leave them to rise once more, covering again with the oiled polythene bag, for about 25 minutes. Meanwhile pre-heat the oven to 220C/425F/gas mark 7.

8. For the crosses, mix the flour and water, roll out thinly and divide into small strips, dampen and place on top of the buns before baking.

9. Bake the buns for about 15 minutes. While they're cooking, make the glaze by melting the sugar and water over a gentle heat. Brush the buns with the glaze as soon as they come out of the oven, to make them nice and sticky.

