

BY EVA MILOTTE

Fair Trade Food

*Recipes
for a better
planet*

MAKING WISE FOOD CHOICES BENEFITS NOT JUST OUR BODIES. WHEN WE PURCHASE FAIR TRADE CERTIFIED GOODS, THESE ITEMS ALSO SUPPORT THE WELL-BEING OF OUR FELLOW HUMANS AND THE PLANET WE ALL SHARE.

Fair trade—certified means that goods have been made according to strict social, economic, and environmental standards. Fair-trade farmers not only work in safer conditions, but they also practice farming methods that protect the environment. Extra money may be earned that goes back into the communities to support better education and housing for the farmers and their families.

These recipes feature ingredients that you can find Fair Trade Certified. Some of these items include spices, oils, nuts, and chocolate. By seeking out Fair Trade Certified goods, you are making the choice for a better planet—one purchase at a time. **TFI**

SELECTED SOURCE "What does fair trade certification mean?" www.FairTradeCertified.org, 2020

ALMOND BARK **D G V**

From *The Little Vegan Dessert Cookbook* by Laura Crotty (\$16.99, Lincoln Square Books, 2020)

20 MINUTES PREP TIME + 2 HOUR CHILL TIME ■
SERVES 8

- 12 oz non-dairy semi-sweet chocolate, roughly chopped
- 1 c almonds, roughly chopped
- 1 c dried cranberries

1. Line a cookie sheet with unbleached parchment paper.
2. Fill a saucepan with 1 to 2 inches of water. Bring to a simmer. Add chopped chocolate to a dry, heat-safe mixing bowl. Carefully set bowl over simmering water. Stir constantly, until chocolate is melted and smooth.
3. Pour chocolate onto parchment-lined cookie sheet.
4. Sprinkle chocolate with almonds and cranberries. Gently press almonds and cranberries into chocolate.
5. Chill for 2 hours or until set.
6. Break into pieces and store in a cool place.

Per serving: 354 Calories, 6 g Protein, 44 g Carbohydrates, 6 g Fiber, 22 g Total fat (8 g sat), 5 mg Sodium, ★★★ Vitamin E, ★★ Magnesium, Phosphorus, ★ Vitamin B2 (riboflavin), Iron, Zinc

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