



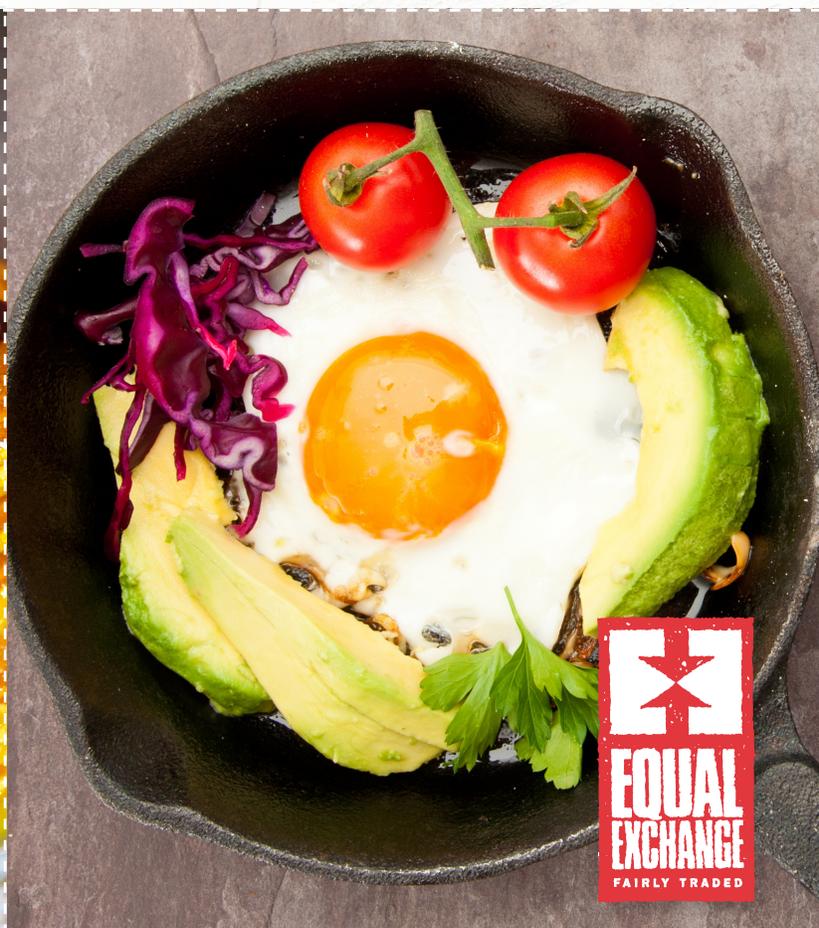
**MAPLE PECAN GRANOLA**



**SWEET POTATO AND PARSNIP LATKES**



**FAIR TRADE CHOCOLATE  
CHIP BANANA PANCAKES**



**FARMHOUSE FRIED EGGS  
WITH COFFEE-CHIPOTLE MOLE**

## INGREDIENTS

- 2 cups shredded sweet potatoes
- 1 cup shredded parsnips
- 3 scallions, sliced
- 2 eggs, beaten
- 1/3 cup flour
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- Vegetable oil for frying

## TOPPING

- 1/2 cup light sour cream
- 1 cup apple, peeled and minced

## INSTRUCTIONS

1. Peel the sweet potato and parsnip and shred using a grater or food processor. Wrap the shredded sweet potato and parsnip in a few paper towels and squeeze to remove excess liquid.
2. In a large bowl, mix the sweet potato and parsnip with the scallions, eggs, flour, salt and pepper
3. Heat a large iron skillet over medium-high heat. Add enough vegetable oil to cover the bottom and come up the sides at least a quarter of an inch. When the oil is hot, scoop about 1/4 cup of latke mixture into the pan and slightly flatten. Repeat until the pan is full but not crowded. Brown the latkes on each side 3-4 minutes. Set aside on a plate lined with paper towels when done. While the latkes are cooking, stir together the sour cream and minced apple. Serve the apple sour cream on top of the warm latkes.

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## INGREDIENTS

- 1 c. stewed tomatoes (drained)
- 3/4 c. strong brewed Equal Exchange coffee
- 1/4 c. chopped onion
- 2 chopped garlic cloves
- 1 Tbsp. chopped chipotle chiles
- 2 Tbsp. Equal Exchange Organic Olive Oil
- 1 tsp. finely chopped Equal Exchange Organic Panama Extra Dark Chocolate
- 8 large eggs
- 1 sliced Equal Exchange Avocado

## INSTRUCTIONS

1. Puree the tomatoes, brewed coffee, onion, garlic, chipotle peppers and 1 tablespoon olive oil in a blender until smooth.
2. Simmer the puree in a heavy skillet and stir occasionally until thickened. Stir in the chocolate and add salt. Remove from heat.
3. Fry eggs in 2 batches in 1 tablespoon of olive oil in a large skillet over medium heat, until cooked the way you like them.
4. Plate the eggs and add sliced avocado. Top with sauce as desired.

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## INGREDIENTS

- 1 cup maple syrup
- 1 cup canola or vegetable oil
- 2 tablespoons ground cinnamon
- 1 tablespoon vanilla extract
- 1/2 teaspoon salt
- 8 cups old-fashioned oats
- 1 1/2 cups chopped pecans
- 1 1/2 cups whole pecans

## INSTRUCTIONS

1. Preheat the oven to 275°F.
2. In a large bowl, whisk together the maple syrup, oil, cinnamon, salt, and vanilla extract. Add the oats and pecans and mix well.
3. Divide the mixture evenly among shallow baking pans and press into thin layers.
4. Bake on the center oven rack for 30 minutes. Rotate the pans and stir the mixture thoroughly, then bake an additional 15 minutes.
5. If you like your granola soft and sticky, remove it from the oven now and cool it down. If you like your granola crunchy, stir and rotate once more and bake an additional 15 minutes, then remove and cool.

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## INGREDIENTS

- 1 1/2 c. flour
- 1 Tbsp. sugar
- 2 tsp. baking powder
- 1/2 tsp. cinnamon
- 1 1/4 c. milk
- 1/2 c. Equal Exchange bananas, mashed
- 1 egg, lightly beaten
- 1 tsp. vanilla
- 1/2 c. Equal Exchange Organic Bittersweet or Organic Semisweet Chocolate Chips

## INSTRUCTIONS

1. Combine flour, sugar, baking powder and cinnamon in a large bowl.
2. Mix milk, banana, egg and vanilla until well combined. Stir into the bowl of dry ingredients.
3. Fold in 1/4 cup of the chocolate chips.
4. Spray your griddle with cooking oil and place over medium heat.
5. Pour batter onto the griddle into the pancake size you desire. Make a stack of small ones, or a few extra large pancakes!
6. Cook for about 2 minute, or until the tops begin to bubble. Then, flip the pancake and cook for another minute or until golden.
7. Work your way through the batter, reapplying cooking spray as needed.
8. Top your pancakes with more chocolate chips and serve.

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All of these ingredients are available in the Bulk Department!