

CRYSTALLIZED GINGER, Ginger Root Powder, True Cinnamon

## Gingered Peach-Plum Bars



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CRYSTALLIZED GINGER

Favorite summer fruits - peaches and plums- make the tart and sweet filling for these wonderful bars. The fruit and the crumble topping are spiced with Ginger and True Cinnamon for a delicious and slightly tangy flavor. Just one bite and you can taste the sweet summer freshness. They are just yummy served cool or warm with a scoop of ice cream.

### FOR THE FILLING: :

2 medium peaches, peeled and diced  
2 small black plums, diced  
1 tsp Ginger Root Powder  
1 tsp True Cinnamon, 1 Tblspn cornstarch  
2 Tblspns lemon juice,  
2 Tblspns (white) sugar

### Directions :

Spray (with cooking spray) a 9x9 inch baking pan. Preheat oven to 350 degrees.

**MAKE THE FILLING:** Mix together the filling ingredients. Set aside.

**MAKE THE CRUST & CRUMBLE:** Whisk together the flour, sugars, Ginger Root Powder, salt, and baking powder. Cut in the butter (with a fork or pastry blender). Add the egg and water. Stir until mixture is small crumbles. Take 1/2 of the mixture and press it into the bottom of the prepared pan to make the crust. Pour the prepared filling over the crust. Add the Crystallized Ginger to the remaining 1/2 of the crust/crumble mixture and then sprinkle it over the filling. Bake in the preheated oven for about 40 minutes or until the top is golden brown. Let cool completely in the pan before cutting into bars.

### FOR THE CRUMBLE & CRUST:

1/2 cup light brown sugar,  
1/4 cup (white) sugar, 1 1/2 cups flour,  
1/2 tsp baking powder, 10 Tblspns butter  
(cold), 1 large egg yolk, 1 Tblspn cold  
water, Pinch of salt, 1/2 tsp Ginger Root  
Powder, 1 1/2 Tblspn Crystallized Ginger

## TRUE CINNAMON, FENUGREEK, Cumin Seed Powder LATE SUMMER VEGETABLES & CHICKEN STEW



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Featuring Our:  
True Cinnamon & Fenugreek

Toward the end of summer, the garden squash get bigger and the tomatoes are plentiful. That's the time for this simple and delicious summer veggie stew. This hearty stew includes some of our favorite summer vegetables, perfectly spiced with a little True Cinnamon, Fenugreek, and Cumin. These spices work so well with the ingredients and they give it a wonderfully exotic flavor. A great dish, prepared easily for a different and so satisfying summer meal.

### INGREDIENTS :

3 to 4 cups of large summer squash (any firm large yellow or Italian squash works well) remove the seeds and cut into 1/2 inch pieces  
1 1/2 lbs., boneless & skinless chicken breasts  
1 whole large red pepper, seeded and cut into 1/2 inch pieces  
1/2 cup fresh carrots, coarsely chopped

2 large or 4 medium-sized fresh tomatoes, peeled and cut into quarters  
1 1/2 cups mango or peach salsa  
1/4 cup chopped dried apricots  
1 tsp True Cinnamon  
1/2 tsp Fenugreek  
1/2 tsp Cumin Seed Powder  
Salt & Pepper to taste

**Directions:** Make the sauce by combining the salsa, tomatoes, apricots, and spices. In a large crock pot, layer the squash, then the carrots, then the chicken, and then the peppers. Pour the sauce over the top of all ingredients in the pot. Cook on low for 5 hours. Remove the chicken breasts and shred the meat and then return it to the pot. Stir all ingredients and then season the stew with salt and pepper, as desired. Serve hot over couscous or rice.