

CHRISTMAS NEWS



Dear Customer,

Welcome to another news broadcast from Gluten Free Foods Ltd, the manufacturer of the BARKAT range of naturally and dedicated gluten and wheat free foods. The past few months have been really busy gearing up to Christmas and ready to launch new and exciting products in 2011. This past year has seen an increase in the diagnosis of gluten intolerance's and we have been at the forefront of development of new products making your diet easier and tastier.

We have featured several products this month on both our website and newsletters with the top selling products and featured products together with updating our recipe page monthly

We hope you continue to enjoy the Barkat products, available online, mail order, health food stores and pharmacies. Remember if you are travelling abroad why not contact us and see where you can buy your favourite Barkat products, as they are available in over 30 countries worldwide.

On behalf of the Management and Staff we wish you and your families a Merry Christmas and a Happy and Successful New Year

Best Wishes

Featured Product of the Month



BARKAT SAGE & ONION STUFFING MIX - £2.49

[Click for more info](#)

Top Selling Product – November 2010



BARKAT WAFFLES - £2.99

[Click for more info](#)

FEATURED RECIPE

CHOCOLATE RUM TRUFFLES

INGREDIENTS

1 packet (200g) BARKAT
COFFEE BISCUITS
500g Milk Chocolate
3 tablespoons Rum or other
spirit / liquor



[Click for more info](#)

METHOD

1. Crush the BARKAT COFFEE BISCUITS until resembles crumbs.
2. Melt half the chocolate in a dish in the Microwave or in a hot pan.
3. Add the chocolate and rum to the biscuits crumbs.
4. Mix together until stiff dough is formed.
5. Break off a small bit of dough and roll into a ball repeat until dough is used up.
6. Place on a plate and allow to set in a fridge for about 10 minutes.
7. Meanwhile grate half of the remaining chocolate and melt the other half.
8. Roll the truffles into the melted chocolate and then roll into the grated chocolate.
9. Allow to set in the fridge for a further 10 minutes. Remove from fridge and enjoy .

Online Services available



*See, Taste & Purchase Direct
Full Range of Gluten Free Products*

For further information on our entire range please visit our website or contact us direct on telephone number 020 8953 4444 or email info@glutenfree-foods.co.uk

Adding variety to a gluten free and wheat free diet

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