



## Gluten Free Foods - Products of the Month

### Barkat Cornflakes

Free From Gluten, wheat, Egg, milk, soya, artificial flavouring, colours and preservatives

Price £2.49



### Barkat Waffle Ice Cream Cones

Free from Gluten, wheat, milk and eggs.

Price £3.95



For more info : [www.glutenfree-foods.co.uk](http://www.glutenfree-foods.co.uk) or email : [info@glutenfree-foods.co.uk](mailto:info@glutenfree-foods.co.uk)

## Gluten Free Foods - Recipe of the Month

### Flapjacks

227g / 8 oz BARKAT Porridge Flakes  
170g / 6 oz Butter / Margarine  
85g / 3 oz Demerara sugar  
85g / 3 oz Golden syrup

1. Put flakes and Demerara sugar into mixing bowl.
2. Melt butter and syrup together.
3. Mix into flakes and sugar.
4. Put mixture into a well greased tray.
5. Press mixture down until smooth.
6. Bake at Gas mark 4 or 175C or 350C for 20 minutes or until golden brown.
7. Allow to cool and then cut into fingers or squares.

### Barkat Organic Porridge Flakes

Free from Gluten, wheat, lactose, milk, egg, soya and yeast.

Price £3.99



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## Gluten Free Foods - Question of the Month

### What is the difference between our cornflakes and other brands of cornflakes?

Both our Barkat Organic Cornflakes and Barkat Cornflakes do not contain malt extract. Malt is produced from barley and therefore contains gluten. Coeliac UK advises that there may be some individuals with coeliac disease (although certainly not all) who may be particularly sensitive to malt extract. Therefore we have produced cornflakes that are malt free.

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## Gluten Free Foods - About us

Since 1994, we have been manufacturing a wide range of foods suitable for Gluten and Wheat free diets, to the high standards using ONLY the finest ingredients.

Choose from over 50 products, available from all leading health food stores, pharmacies, selected supermarkets and on our dedicated order page delivered direct to your home or office

For more info : [www.glutenfree-foods.co.uk](http://www.glutenfree-foods.co.uk) or email : [info@glutenfree-foods.co.uk](mailto:info@glutenfree-foods.co.uk)