

Gluten Free Foods

We hope you have all been enjoying reading the latest news from Gluten Free Foods in our monthly newsletters. This month we bring you the latest information and more exciting recipes.

HALLOWEEN



At the end of this month whilst everyone is preparing for Halloween buying up all those cookies and snacks, don't be left out in the cold or be TRICKED into non glutenfree cookies. Our **Glutenfree, Wheatfree and SUGAR FREE WIZARD Cookies** are ideal for kids and adults alike and perfect TREATS for Halloween. Click on the link below to purchase from our secure online mail order form

<http://www.glutenfree-foods.co.uk>

FEATURED RECIPE

YORKSHIRE PUDDINGS

INGREDIENTS	METHOD
4oz Barkat Gluten Free/ Wheat free Bread Mix Pinch of Salt ½ tsp BARKAT Gluten-free, Wheat-free baking powder 8 table spoons milk 2 table spoons water 2 eggs size 3	1. Preheat oven Gas Mark 4, 180°C, 350°F. 2. Place all ingredients into a mixing bowl. Mix well and spoon into a bun tin. 3. Bake on top shelf of oven for 20 mins

[For More Recipes Click Here](#)

Kind Regards,
Richard Ward
Managing Director

Adding variety to a gluten free and wheat free diet

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