

**Gluten Free Foods** are delighted to welcome you to the first of hopefully many news updates direct from the leading company manufacturing and distributing gluten and wheat free foods.

**We start this month** with the launch of our newly designed website packed with a full product list, recipes, Dietetic information and plus much much more.

[www.glutenfree-foods.co.uk](http://www.glutenfree-foods.co.uk)



### DOUBLE CHOC MUFFINS

INGREDIENTS	METHOD
175g/6oz Barkat Bread Mix 50g/2oz Cocoa Powder 110g/4oz Soft Margarine 4oz of Castor Sugar 4 Eggs 50g/2oz Chocolate Chips	1. Pre-heat Oven to 180oc/350of or Gas Mark 4. 2. Mix all the ingredients together for 2 minutes. 3. Divide the Mixture into Muffin Cases (should make 10 muffins). 4. Bake for Approx 20 minutes.

**Planning a holiday** this year, travelling abroad, tired of packing the extra suit case to take care of your foods. Email us to find out where you can purchase your food abroad. Our products are sold in over 30 countries worldwide.

**Getting the BBQ** ready for the summer, try our latest **Glutano Tri-Colour Pasta only £1.49** perfect for the summer pasta salad, look out for new recipes for the summer on [www.glutenfree-foods.co.uk](http://www.glutenfree-foods.co.uk)

Thank you,  
**Richard Ward**  
Managing Director

**Adding variety to a gluten free and wheat free diet**

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