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LATEST SPECIAL OFFERS**

This September we bring to you a special news update with an offer not to be missed.

**GLUTANO CoCo Cookies
& GLUTANO Chocolate Digestive**
usually priced at ~~£2.49~~
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(or call our customer service line on **020 8953 4444**, offer applies to UK customers only!) Offer ends 30th September 2005

www.glutenfree-foods.co.uk



FEATURED RECIPE

BARKAT CHERRY MUFFINS

INGREDIENTS	METHOD
175g/8oz Barkat Bread Mix 110g/4oz Soft Margarine 4oz of Castor Sugar 4 Eggs 50g/4oz Glace Cherries 25g/2oz Ground Almonds 2 drops Almond essence	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.

We hope you enjoy our news updates and look forward to receiving your comments, Why not send us your favourite recipe to be included on our website and news updates.

Thank you,

Richard Ward
Managing Director

Adding variety to a gluten free and wheat free diet

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