

New from Gluten Free Foods Ltd

We are delighted to introduce two new pasta's available from Barkat the leading brand of Gluten Free Foods in the UK

Barkat Pasta Penne & Barkat Pasta Spirals

Both Pasta's are manufactured exclusively gluten and wheat free and free from milk, egg, nut, soya free as well as Suitable for Vegetarians and Kosher For further information please visit our website at www.glutenfree-foods.co.uk or contact our dedicated customer service department on **0208 953 4444**

Happy Easter from all of us...

With Easter just around the corner, there is no reason to miss out on treats, why not try some of recipes using the Glutano Flour Mix available from all leading Health Food stores and Pharmacies

FEATURED RECIPE

EASTER BISCUITS RECIPE

INGREDIENTS	METHOD
200g/8oz Glutano Flour Mix 100g/4oz Sugar 100g/4oz Butter 10g/half oz Mixed Spice 10g/half oz Barkat Baking Powder 2 Eggs A few drops of Lemon Essence 50g/2oz Currants 6 or 7 Glace Cherries Oven Temperature 190c, 375f, Gas Mark 5	1. Sieve Glutano flour mix, spice and baking powder in to a bowl. 2. Add butter and rub together until a crumble is formed.. 3. Stir in sugar, Add eggs. 4. Add fruit and lemon essence and mix together. 5. Roll out dough to about 1cm thickness and cut out biscuits using a 3" cutter. 6. Place on a greased baking tray.This mix should make 10 biscuits. 7. Place half a cherry on each biscuit, and bake for about 15-20 minutes

[For More Recipes Click Here](#)

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

Adding variety to a gluten free and wheat free diet

Gluten Free Foods Ltd

Unit 270, Centennial Park, Elstree, Hertfordshire, WD6 3SS

Tel: +44 (0) 20 8953 4444 Fax: +44 (0) 20 8953 8285

Email : info@glutenfree-foods.co.uk Web: <http://www.glutenfree-foods.co.uk>