



**GLUTEN  
FREE  
FOODS LTD**

Tel : +44 (0)20 8953 4444



Dedicated to naturally gluten and wheat free foods

### New from Gluten Free Foods Ltd

We are delighted to introduce 5 new products available from BARKAT

#### Matzo Cracker

Gluten, wheat, milk, egg and nut free. A crisp "water cracker"



#### Teacakes

Soft marshmallow and crumbly biscuit base covered in smooth milk chocolate



#### Honey Cake

The Barkat honey cake is a moist tasty and cake making a great treat at teatime.



#### Potato & Onion Pot Meal

A new addition to our pot meal range of Mexican Rice and Rice & Tomato. Ideal as a quick snack on the go, or as a gluten free accompaniment to a meal.



#### Coffee Biscuits

A gluten, wheat and milk free biscuit with a hint of coffee flavour.



Should you require further information on these or any of our products please visit our website at [www.glutenfree-foods.co.uk](http://www.glutenfree-foods.co.uk)

Kind regards  
Ellis Ward  
Sales & Marketing Director

### Gluten Free Foods Offers

**3 for £1.00**

**2 for £1.00**



[BARKAT PRETZELS](#)



[BARKAT SESAME PRETZEL RINGS](#)

**FEATURED RECIPE**

**BREAD AND BUTTER PUDDING**

INGREDIENTS	METHOD
50g/2oz Butter 1 loaf of Barkat par-baked White Bread 100g/4oz Sultanas 4 tbsp Chunky cut marmalade 1 tspn Cinnamon 2oz Demerara Sugar 2 eggs (lightly beaten) 1 pint of milk	<ol style="list-style-type: none"> <li>1. Use the butter to grease 1.5 lt/2.5 pint ovenproof dish.</li> <li>2. Butter each slice of bread and then spread with marmalade.</li> <li>3. Place a layer of bread over the base of the dish, overlapping the slices.</li> <li>4. Sprinkle with sultanas and continue to make alternative layers of bread and fruit.</li> <li>5. Dissolve the sugar in the milk over a low heat. Remove from the heat and gradually add the egg and mixed spice and whisk thoroughly.</li> <li>6. Pour the mixture over the bread and fruit mixture and leave to soak for 10 minutes.</li> <li>7. Bake in an oven set at 180c, 350f or gas mark 4 for 50 minutes to 1 hour.</li> <li>8. Sprinkle with sugar and serve immediately.</li> </ol>

[For More Recipes click here](#)

[For More Products on Prescription 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](mailto:sales@glutenfree-foods.co.uk)

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

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