



**GLUTEN
FREE
FOODS LTD**

Tel : +44 (0)20 8953 4444



SUMMER SPECIAL OFFER



BARKAT ORGANIC CORNFLAKES - Buy 1 Get 1 FREE

Free From Gluten, wheat, malt, egg, milk, soya, artificial colours, flavours & preservatives.



BARKAT CRACKERBREAD - Special Price - £1.99

Free From Gluten, and wheat.

FEATURED RECIPE

ORGANIC FLAPJACKS

INGREDIENTS	METHOD
227g/8oz Barkat porridge flakes 150g/5oz Butter 170g/6oz Demerara Sugar	<ol style="list-style-type: none"> 1. Place the Barkat Organic Porridge flakes and demerara sugar into mixing bowl 2. Melt butter mix into the flakes and sugar 3. Put mixture into a baking tray lined with baking parchment Press mix down until smooth . 4. Bake @ gas mark 4 or 175 C or 350 f for 20 minutes or until golden brown. 5. Allow to cool and then cut into fingers or squares.

[For More Recipes Click Here](#)

FEATURED PRODUCT



BARKAT ORGANIC PORRIDGE

Free From Gluten, wheat, lactose, milk, egg, soya and yeast.



For more information on the range of foods please visit our website at www.glutenfree-foods.co.uk or contact our customer services department on telephone number 02089534444

Ellis Ward
Sales & Marketing Director

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>

If you would like to recommend a friend's email address [Click Here](#)

If you do not wish to receive future mailings from us [click here](#)