



## Summer 2006 / World Cup Fever !

Cheer on our team and look forward to bringing the world cup home to England!

As we enter the Summer time, dont be left outside without your ice-cream, Gluten Free Foods are pleased to have the BARKAT glutenfree Ice Cream Cones available from your leading health food store and available on line. The Barkat Ice Cream Cones are gluten, wheat, milk, egg, nut and peanut free. for more information on our entire range or to purchase your ice cream cones please visit our website at [www.glutenfree-foods.co.uk](http://www.glutenfree-foods.co.uk) or contact our dedicated customer service department on **0208 953 4444**

### FEATURED RECIPE

#### SUMMER PICNIC PASTA SALAD

INGREDIENTS	METHOD
250g/ 1 packet BARKAT Buckwheat Pasta Spirals or Penne 1 Red Pepper (Chopped) 1 Green pepper (chopped) 125g/4oz button mushrooms 50g / 2oz sultanas 1 jar of Sundried Tomato + Paprika Dressing 2oz butter/margarine	1. Cook Pasta following directions on the pack. After cooking, drain and run pasta under cold water to prevent further cooking 2. Meanwhile, fry the mushrooms in the butter until soft, drain and allow cooling. 3. Mix pasta, peppers, mushrooms, sultanas and sauce together. 4. For best results chill for about 30 mins before serving.

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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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