



**GLUTEN
FREE
FOODS LTD**

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Barkat®
Dedicated to naturally gluten and wheat free foods



40th Anniversary
25% Discount
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For **ONE week only** celebrating our Managing Directors 40th Anniversary in the gluten free food industry we are offering a **25% off our online mail order shop** from the 17th November to 24th November inclusive, offer applies to product only not postage and packing, for orders over £25 to UK mainland address's we deliver free of charge.

Should you require further information on these or any of our products please visit our website at www.glutenfree-foods.co.uk

Kind regards
Ellis Ward - Sales & Marketing Director

FEATURED RECIPE

VICTORIA SANDWICH

INGREDIENTS	METHOD
100g/4oz Barkat Flour Mix Barkat Baking Powder 100g/4oz Margarine or Butter 100g/4oz Caster Sugar 2 Eggs (lightly beaten) ½ tbsp Jam Icing Sugar to Dust	<ol style="list-style-type: none"> 1. Grease two 10cm/7 inch sandwich tins. 2. Sieve together Barkat Flour Mix and Barkat Baking Powder. 3. In a separate bowl cream the margarine and sugar until light and fluffy. 4. Gradually beat in the eggs adding a little of the Barkat Flour Mix each time to prevent curdling. 5. Fold in the remaining Barkat Flour Mix. 6. Divide the mixture between two tins and level the tops. 7. Bake in a preheated oven at 180C/350F or Gas Mark 4 for 20-25minutes or until the cakes are springy, firm to touch and golden in colour 8. Turn out and cool on a wire rack.

[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

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