



**GLUTEN
FREE
FOODS LTD**

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Dear Customer,

As you know, eating gluten free foods can be difficult which is why at GLUTEN FREE FOODS Ltd we aim to bring you the widest range of gluten and wheat free foods manufactured to the highest standards using only the finest ingredients.

Our products are available nationally and internationally under the Barkat brand through ALL leading Health Food stores, Pharmacies and selected Supermarkets as well as available online at www.glutenfree-foods.co.uk, as we know more and more people rely on the web services and direct deliveries to their home or office.

The website has been updated recently with Monthly special offers, Recipes, Blogs and Secure mail order service. With these **NEW** pages to make life that little bit easier, staying in touch with us so we can help you find your gluten free foods easier. Log on today and join our membership to Gluten Free Foods **"Its FREE"** and we hope to inform you with relevant information for baking or quick meals or snacks!

NEW pages added to the website.

"ASK RICHARD" after over 40 years of working in the gluten free industry and 15 years since the launch of the BARKAT brand, an international brand of over 50 products ALL manufactured exclusively gluten and wheat free. We have asked Richard to dedicate some of his time in answering your questions, whether you have just been diagnosed with gluten intolerance or have been on the diet for years.

We love to hear from our consumers with suggestions, recipe ideas and new product innovation and we invite you to mail us your comments.

We look forward to hearing from you, Customer Services
Gluten Free Foods Ltd

FEATURED RECIPE

SWEET PASTRY RECIPE

INGREDIENTS	METHOD
225g/8oz Barkat Flour Mix 100g/4oz Margarine 50g/2oz Caster Sugar 1 Egg 2 or 3 tablespoons Cold Water	<ol style="list-style-type: none"> 1. Rub margarine and Barkat flour mix together until it resembles fine breadcrumbs. 2. Add sugar and stir in egg and enough water to form a dough and leaves the bowl clean. 3. Place on board and roll out to fit dish. <p>Useful Tips: Place dough in a dish and cover with cling film and leave in refrigerator for an hour to firm. Roll out between two sheets of baking paper or cling film to avoid sticking to surface or rolling pin.</p>

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

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