



Wholefoods Market

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GLUTEN FREE RECIPES THE WHOLE FAMILY WILL ENJOY

Gluten Free month

Proudly supporting Coeliac Awareness Week 10 - 16th June



Wholefoods Market

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AVAILABLE NOW

Introducing Bin Inn's dynamic Gluten-Free range! From breads to soups and scones, there's something to satisfy every craving. Choose from a great selection, all endorsed by Coeliac NZ.

Get ready to dive into deliciousness!



For a hearty hot soup on cold winter day just add 2 Tbsp (30g) of your Bin Inn Soup Mix to 1 cup (250ml) water. Heat for 2-3 minutes in microwave, stirring after 1 minute.



A heaped teaspoon of powder, mix in 30mls of hot water, and top up with warm milk. Totally decadent, totally yum!

Breadmaker Recipe for 1kg Loaf

Ingredients

- 730 grams of Bin Inn GF Bread Mix
- 1tsp (5 grams). Active Dry Yeast (1½ tsp normal dry yeast).
- 3 x Size 7 Eggs
- 1 tsp Cider Vinegar
- 3 Tbsp Cooking Oil, 590ml (2 metric cups plus 6 Tbsp water).

Method:

1. Place the bread mix into a large bowl. Add the active dry yeast and stir to combine.
2. In a separate bowl whisk together eggs, cider vinegar and cooking oil.
3. Mix the wet and dry ingredients thoroughly with a wooden spoon then transfer into the breadmaker.
4. Set breadmaker to Yeast Bread Setting with Dark Crust Setting. Should the loaf colour seem pale, brown on additional cook setting or in the oven.



For many people living with coeliac disease, eating at work can cause a great deal of anxiety. There are a number of challenges to navigate, whether it's kitchens that aren't properly set up to avoid cross contamination or shared morning teas and lunches that don't include safe, gluten-free.

For more information on Coeliac Awareness Week and tips for how to make your workplace safe for your coeliac colleagues, visit coeliac.org.nz

This year's Coeliac Awareness Week (10-16 June) is shining the spotlight on coeliac disease in the workplace and how employers and employees can better care for colleagues with coeliac disease. Try this delicious gluten-free recipe next time your work has a shared lunch.

Banana Chocolate & Apple Muffins

Makes 12 muffins

Ingredients

- 1 Cup Buckwheat Flour
- 1¼ Cups Almond Flour
- 2 Teaspoons Baking Powder
- ¼ Teaspoon Salt
- ½ Cup Raw Caster Sugar
- 2 Teaspoons Cinnamon
- 2 Tablespoons Chia Seeds
- 1 Cup Yoghurt
- 3 Eggs
- 115g Butter Melted
- 2 Teaspoons Vanilla Extract
- 2 Bananas Mashed (1 cup)
- 1 Apple Grated
- 100g Dark Chocolate Roughly Chopped

Method:

1. Pre heat oven to 180°C. Line a muffin tray with paper cases.
2. Combine flours, baking powder, salt, sugar, cinnamon and chia seeds in a bowl with a whisk.
3. In a separate bowl whisk yoghurt, eggs, melted butter and vanilla extract until combined. Stir in mashed banana and grated apple.
4. Add wet mixture to dry ingredients and fold until combined, then stir in chocolate.
5. Divide mixture evenly between muffin cases. Bake for 25 minutes or until the tops are golden brown. Remove from oven and leave to cool for a few minutes before removing to a wire rack to cool completely.

Dark chocolate can be replaced with ½ cup cacao nibs. The muffins will be less sweet as cacao nibs have a strong, bitter chocolate taste as they have no added sugar. Cacao nibs also add a crunchy texture.

Recipe and Image: Nicole Percy

CARING ABOUT PEOPLE *with* COELIAC DISEASE

Coeliac Disease is a permanent intestinal reaction to dietary gluten – a protein found in wheat, barley, rye and (avenin) in oats. Once diagnosed with coeliac disease, the treatment is adherence to a strict gluten-free diet for life. Talk to your health professional for advice.



Coeliac AWARENESS WEEK | JUNE 10-16 2024

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*Circina MarketEdge Subscribed Pharmacy Scan data MAT 19/03/23

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- GLUTEN FREE
- WHEAT FREE
- DAIRY FREE
- EGG FREE
- VEGAN
- DELICIOUS

GLUTEN FREE

MUST TRY RECIPE!

Tuscan Chicken, Bean & Bacon Bake

with Italian Stallion

This comforting dish features tender chicken, creamy beans, and crispy bacon, all baked to perfection in a savory tomato and herb sauce. Perfect for a cosy winter dinner!

INGREDIENTS:

- | | |
|-------------------------------------|---|
| 200g Streaky Bacon | 2 cups water |
| 1 onion | 1 chicken stock cube |
| 4 boneless, skinless chicken thighs | 2 cans butter beans or cannellini beans |
| 1 Tbsp Man Rub | Handful fresh basil or parsley |
| 1 Tbsp Italian Stallion | 1 Tbsp cornflour |
| 1 punnet cherry tomatoes | |

INSTRUCTIONS:

- 1: Preheat oven to 180°C fan bake.
- 2: Finely dice onion and slice bacon into small strips.
- 3: Add a drizzle of olive oil to a large shallow casserole or oven safe fry-pan, over a medium heat add bacon and onion and saute for a minute or two.
- 4: Rub chicken thighs with Man Rub and add to the pan, cook for a minute or two, to get nice colour on each side.
- 5: Add Cherry tomatoes and Italian Stallion.
- 6: Pour in water and add stock cube, mix to combine and release the brown bits from the bottom of the pan.
- 7: Drain the cans of beans and add them to the pan, mix to combine.
- 8: Pop in the oven for 30 minutes uncovered.
- 9: Remove from the oven and add cornflour mixed with a little water to thicken the mixture, stir through a handful of fresh basil or parsley.
- 10: Serve over mash, polenta, couscous or rice.



PEPPER & me

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Make your furry friend's day with the new doggy treats from Bin Inn! The range includes delicious options like pig ears, lamb lung, beef liver, beef weasand, and chicken necks. Your pup will love these tasty snacks!



Dog Approved




**Pacific
Harvest**
EST 2002

Zucchini, Edamame & Wakame Flake Fritters

These Wakame Flake fritters with a little zucchini and edamame make a satisfying, fresh light and healthy gluten free vegetarian meal. Make into smaller sized fritters and serve on a snack platter.

Serves 3, Prep time 20 minutes, cooking time 5 minutes

Ingredients

- 2 Zucchini, Grated
- 1 Onion, finely diced
- 1 Cup Edamame Peas
- Handful of Parsley, finely chopped, or Sea Lettuce Flakes
- 2 Eggs
- 1 Clove of Garlic, Minced
- ½ Cup Brown Rice Flour
- Dash of Apple Cider Vinegar
- Salt & Pepper to taste
- 1 Tablespoon Wakame Flakes

Method:

1. Place grated zucchini in a strainer and sprinkle with salt. Let sit for at least 10 minutes to allow the water to drain out. Squeeze the zucchini with your hands until most of the liquid has been removed.
2. Pour the edamame into a large bowl and lightly mash with a fork to break up the pieces.
3. Add the zucchini, onion, parsley, eggs, garlic, apple cider vinegar, Wakame Flakes and salt and pepper to the edamame and mix well.
4. Add the brown rice flour, then continue mixing until the flour is well blended into mixture
5. Cook the fritters in a lightly oiled fry pan on medium heat until golden brown.
6. Serve with salad and enjoy!



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Serving our *local* communities for 36 years

CHANTAL
ORGANICS



GLUTEN FREE

CHICKEN POLENTA PASTA IN TOMATO & BASIL SAUCE

INGREDIENTS:

Polenta Pasta

2 cups cooked polenta
2 cups gluten free flour

Tomato Basil Sauce

2 cans (800g) Chantal Organics
Mixed Beans
1 jar (680g) Chantal Organics
Tomato & Basil Passata
Extra Virgin Olive Oil
1 carrot, diced
2 celery sticks, diced
1 onion, diced
3 garlic cloves, crushed
1 cup chicken stock
Salt and pepper, to taste
2 cups shredded cooked chicken

Garnish

Fresh mozzarella
Fresh basil

INSTRUCTIONS:

Mix polenta and GF flour to form a smooth dough. Roll on a lightly floured surface until approx. 4mm thick, then cut into diamond pasta shapes. Set aside.

To make the sauce, heat a large saucepan to medium high heat. Drizzle with extra virgin olive oil and sauté the carrot, celery and onion for 5 minutes or until softened.

Add garlic and cook for 1 minute or until fragrant.

Add the mixed beans with the brine, tomato & basil passata and chicken stock. Season with salt and pepper and simmer for 20-25 minutes or until thickened.

Stir through shredded chicken.

Meanwhile, cook the polenta pasta in salted boiling water for 3-5 minutes or until they float to the surface.

Add the cooked pasta to the tomato basil sauce and toss to coat. Garnish with fresh mozzarella and basil before serving.

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Gluten Free Brownies

Ingredients

- ¾ Cup Bin Inn Gluten Free Flour
- 100g Olivio Margarine (dairy free)
- 1 tsp Bin Inn Gluten Free Baking Powder
- 1 Cup Sugar
- 100g Chocolate Chips
- 2 x Eggs beaten
- ¼ Cup Gluten Free Cocoa Powder

Method:

1. Melt chocolate chips and margarine for 1 minute in the microwave then stir mixture until the chocolate has melted.
2. Add beaten eggs and sugar and mix well.
3. Fold in the gluten free flour, sifted cocoa powder and baking powder.
4. Cook in the microwave on high for 5-7 minutes depending on the strength of your microwave or bake in an 8 inch cake tin in an 180°C oven for about 15 minutes.

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