

**Bin
Inn**

Wholefoods
and Specialty Groceries

INSPIRE ME

Issue 03 - November 2018

Christmas Baking

Easy Christmas Cake

- 1 kg Fruit Mix
- 2 cups Fruit Juice or Cold Tea
- 2 cups Self Raising Flour
- 1 Tbsp Sherry (optional)

Preheat oven to 130c. Soak fruit mix in juice and sherry (optional) or in cold tea for 2 hours or preferably overnight. Stir in self raising flour into soaked fruit and mix well. Spoon mixture into a large baking tin lined with baking paper. Place tin in the bottom of the oven. Bake for 1 1/2 hours. Remove and leave to cool. Store in a tin or wrap in tin foil. Cut in 3-4 days and enjoy.

Christmas Cake

- 500g Bin Inn Everyday Cake Mix
- 100g Butter
- 3 large Eggs
- 125ml water
- Pinch Ground Nutmeg
- Pinch Mixed Spice
- 750g Fruit Mix

Place all ingredients except fruit mix in a bowl. Mix thoroughly.

Add the fruit mix and blend gently to combine. Pour into cake tin lined with baking paper. Bake at 150c for about 1 1/2 hours or until cooked. (Skewer comes out clean and cake should spring back when touched)

Snacks and Treats

Nutty Nibbles

- 300g Whole Almonds
- 100g Macadamia Nuts
- 150g Raw Cashews
- 2 Tbsp Soy Sauce
- 1 Tbsp Ground Ginger
- 1 Tbsp Garlic Powder



Mix all ingredients together in a bowl. Spread on a tray lined with baking paper. Bake at 180c for 12-15 mins stirring often until golden.

Fruit & Nut Platter

- Brazil Nuts
- Dried Apricots
- Roasted Salted Peanuts
- Dried Pineapple
- Cheese
- Banana Chips
- Pistachio Nuts
- Fresh Strawberries
- Grapes



Create a BBQ party platter of dried and fresh fruits and nuts.

Lolly Cake

- 120g Butter
- 250g Malt Biscuit Crumbs
- 180g Fruit Puff Lollies
- 200g (1/2 tin) Condensed Milk
- 1/2 cup Desiccated Coconut

Warm butter and condensed milk in microwave or saucepan. Cut fruit puffs in half and add with malt crumbs to the condensed milk butter mixture. Mix together and shape into a log, roll into balls or press into a tin lined with baking paper. Coat with coconut. (Wrap log in plastic) and place in fridge to set. Refrigerate until firm (a few hours) then slice into rounds or cut slice into squares.



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**Christmas Inspiration
from Bin inn**

Cherry Shortbread

- 500g Bin Inn Shortbread Mix
- 200g Butter (softened)
- Red/Green Cherries

Cream butter. Add shortbread mixture and blend to a dough. Roll out to 1cm thick. Use a cookie cutter to cut into Xmas shapes. Place on ungreased tray. Decorate with chopped red or green cherries. Bake at 190c for 15-20 minutes.



Cacao & Walnut Holiday Truffles

- 2 Cups Walnuts
- 2 Cups Medjool Dates
- 1 Tbsp Vanilla Extract
- 8-10 Tbsp Cacao Powder To Roll:
- Ground Pistachios
- Fresh As Raspberry Powder
- Ground Goji Berries



BLEND IN A HIGH SPEED BLENDER AND ENJOY!

In a processor, chop the walnuts until they are finely ground. Add the medjool dates, raw cacao powder and vanilla and process until well combined. Shape into small balls and roll in your desired toppings.

Christmas Rum Balls

- 500g Christmas Cake
- 1/2 Cup Dark Rum
- 250g Dark Chocolate
- 1 Cup Desiccated Coconut or Chopped Nuts



In a food processor, mix Christmas cake and Rum until combined. Chill for 30mins in fridge. Roll mixture into balls and coat in melted chocolate and roll in coconut/nuts. Chill and serve.

Specialty Baking

Diabetic Fruit Cake

- 1kg Fruit Mix
- 1/2 Cup Walnuts, chopped
- 1/2 Cup Almonds, chopped
- 2 Cups Hot Tea
- 2 Cups Self Raising Flour
- 1 tsp Vanilla Essence
- 1 tsp Almond Essence
- 1 tsp Brand or Rum Essence
- 1 tsp Caramel Essence

METHOD:

In a bowl, place fruit mix, walnuts and almonds and pour over hot tea. Leave to soak for 12-24 hours. Then add self raising flour and essences. Mix well together. Pour into lined greased baking tin. Bake at 160c for about an hour or until cooked. While this is called a 'diabetic fruit cake', it tastes delicious and finds favour with everyone.



Gluten Free Vegan Peanut Butter Fudge

- 1/3 Cup Bin Inn Fresh Ground Peanut Butter
- 1/4 Cup Refined Coconut Oil
- 1/2 Cup Pure Maple Syrup
- 2 tsp Vanilla Extract
- 1/4 tsp Sea Salt
- Chopped Roasted Salted Peanuts (optional garnish).

METHOD:

In the glass bowl, place all of the ingredients and carefully mix to blend, heat over a pot of boiling water. Mix the ingredients until the mixture is a nice smooth consistency and then remove from the heat. Line a loaf pan or small glass roasting dish with plastic wrap. Pour the fudge mixture on top of the plastic wrap and smooth it out. Make sure it's evenly dispersed, tap the pan on the bench to remove any air bubbles. While still soft, sprinkle the optional chopped peanuts over the top, or a few chocolate chips if desired. Transfer to the fridge for about 3 to 4 hours. Once removed it should be solidified together. Now you can use a knife to cut your block of fudge into mini squares. Remember to keep these chilled or in the freezer as it contains coconut oil.

Gluten Free Roasted Spiced Chickpeas

- 1 Cup Dry Chickpeas (200 grams)
- Juice of half a lemon
- 1 tsp Paprika
- 1 tsp Garlic Powder
- 1 tsp Cumin Powder
- 1 tsp Curry Powder



METHOD:

Soak the dry chickpeas overnight. Next day preheat the oven to 180c. Dry the chickpeas, put them in a bowl and add lemon juice, spices and mix using your hands. Place the spicy chickpeas in an oven tray with baking paper and put it in the middle rack of the oven. Let the chickpeas roast from 40 to 45 minutes, turn often during cooking.

Gluten Free & Sugar Free Fruit Cake

- 3/4 Cup Bin Inn Gluten Free Flour
- 3 Oranges -Grated Rind
- 1 Cup Pitted Dates
- 1 Cup Cherries
- 1 Cup Sultanas
- 1/2 tsp Salt
- 3/4 Cup Orange Juice
- 1 tsp Almond Essence
- 1 tsp Brandy Essence
- 1 tsp Cinnamon
- 2 Cups Mixed Walnuts, Brazil & Almonds
- 1/2 tsp Gluten Free Baking Powder
- 1 Small Cup Mixed Peel
- 1 tsp Nutmeg
- 1 tsp Curry Powder
- 3 Eggs
- 1 tsp Lemon Essence

METHOD:

Line the bottom of a 20cm cake tin with cardboard and baking paper. Preheat oven to 125c. Grate orange rind and finely chop dates. Chop most of the nuts and cherries leaving a few to decorate. Place sifted gluten free flour and baking powder in a large bowl. Mix all of the dry ingredients together. Beat eggs and orange juice together and add to mixture. Place into the lined baking tin, press down firmly. Decorate with cherries and nuts. Bake at 125c for 2 - 2 1/2 hours. Leave to cool for 10 mins in the oven.



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Hot Instore Christmas Specials!



FRUIT MIX

\$6.90 Per KG

69c Per 100G



**NATURAL RAW
ALMONDS**

\$19.90 Per KG

\$1.99 Per 100G



RAISINS

\$6.90 Per KG

69c Per 100G



**NEXT TO NATURAL
ECO SOAPS**

3 for \$8.90

or \$3.20 each

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Make your own homemade Christmas Hampers with goods purchased from Bin Inn.

For Coeliacs and Allergen sufferers you can make up your own hamper of specialty goods from our extensive and unique selections.



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