

6 JUNE - 2 JULY 2022

Bin Inn

Gluten Free

month



FREE
Gift

Spend \$30 dollars
and receive a bonus
engraved Stainless Steel
pen valued at \$6.99*

*\$30 in one transaction.



WEST COAST COCOA 250g
Cosy warmth for cool winter nights.

FROM
\$11.99



BASMATI RICE 5KG

**20%
OFF**

**Bin
Inn**

Wholefoods
and Specialty Groceries

.....more than a refillery

bininn.co.nz

Not all offers available in all stores.
Available whilst stocks last

**Bin
Inn**

PROUDLY
**100%
KIWI**

Tui

Because we like to be different

\$11.99

**FORAGE
& GRAZE
GRANOLA**
275g

A tasty mix of
nuts, seeds,
coconut, with a
hint of organic
dried fruit
and naturally
sweetened with
honey or pure
maple syrup.
Gluten free and
Paleo friendly.

\$4.49

PLANTASY SOUP

100% Vegan, Allergen
friendly hearty soup,
4 delicious flavours.

\$6.99

**PLANTASY
INSTANT MASH 150g**

Plant-Based Pure Potato Mash
Instant Mix 1 packet makes 1kg
of mash.

\$6.99

**PLANTASY
VEGIE MINCE**
200g

Meat alternative,
one packet serves
10, with 14gm of
protein per serve.

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and Specialty Groceries

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FRESH AS^o

freeze dried ingredients

See Instore for **25% Off**
the Fresh As^o Range



Strawberry Meringue

100g egg whites at room temperature
100g caster sugar
1 pinch of cream of tartar
10g Fresh As Strawberry Powder

Whisk egg whites with cream of tartar until a soft peak is formed.
Add sugar gradually until just combined, then add strawberry powder and continue to whisk until thick and glossy.
Line an oven tray with grease proof paper and spread meringue evenly at about a 1cm thickness.
Place in 90°C oven for about 1 1/2 to 2 hours or until meringue is crisp.
When cooled break into smaller pieces.

Cream Chantilly

200ml cream
40g icing sugar
1 tsp vanilla paste
Fresh As Berries (raspberry, blueberry, strawberry)
Fresh Berries (optional)
Whisk cream, sugar and vanilla together until soft peak forms.
In a large mixing bowl add whipped cream, broken meringue, fresh (if using) and freeze dried berries and fold all together.
Place in desired bowl and serve.
Edible flower garnish optional.

USED IN ALL KIDS KITCHENS

www.fresh-as.com

INTRO OFFER

\$5.49



EDAMAME BEANS 113g

High protein supersnack. Keto friendly, gluten free, vegan.



RAW ORGANIC CACAO BUTTER & NIBS 250g



10% OFF

Serving our *local* communities for 34 years

Wholefoods
and Specialty Groceries

Bin Inn

10% OFF

ENTIRE RANGE OF
HUNTER GATHER
GOURMET MIXES

Baking

with Bin Inn

BANANA CAKE

- 1 box HGG Vanilla Baking Mix
- 3 very ripe bananas
- 3 eggs
- 1/2 cup water
- 2 tbl spoons oil
- 1 tsp baking powder or baking soda

1. Mash the bananas and mix with the eggs, oil and water
2. Add the baking mix and the baking powder/soda and mix well
3. Line a 22cm tin and bake at 180C for approx 40-50 min depending on your oven. Test until a skewer comes out clean.



10% OFF

YESYOUCAN CAKE MIXES

Dairy Free. Gluten free.
Rich in flavour.



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GLUTEN FREE PIZZA BASE

Ingredients

- 225g Bin Inn Gluten Free Flour
- 60g butter
- 2 tsp GF baking powder
- 1/2 tsp salt
- 140ml Milk

Method

Mix gluten free flour, salt and gluten free baking powder in a bowl. Rub butter into dry ingredients until crumbly. Mix to a dough with milk. Roll the dough out on a floured board to 1cm thickness. Add your favourite gluten free toppings and cook at 200c for approx 20 minutes or until cooked. (Time may vary depending on toppings).

INTRO OFFER

\$5.99

YESYOU CAN MIX

Pancake Mix / Snack Mix



QUINOA & KUMARA SALAD

Quinoa (pronounced keen-wah) has an ancient origin, going back to the Inca civilization. Back then it was revered as the 'mother of all grains' This 'superfood' is highly nutritious.

Ingredients

- 1 cup Raw Quinoa* (3 cups cooked)
- 2 cups of water
- 1 kumara, cubed & steamed
- 1 red onion, sliced
- 1 small red capsicum, sliced
- 1 small green capsicum, sliced
- 5 mint leaves, roughly chopped
- 1 tomato, chopped
- 2 Tbsps of lemon juice
- 2 Tbsps of sunflower seeds*
- 2 Tbsps of olive oil*
- Salt and pepper* to taste

Method

1. Rinse quinoa, drain. Bring quinoa and water to the boil.
2. Reduce to a simmer, cover and cook for 10-15 minutes or until grains are translucent and all the water is absorbed.
3. Once cooked, add the rest of the ingredients. Mix well.

Hints

Quinoais gluten free, wheat-free and easy to digest. It is a versatile 'super grain', that is up to 50% higher in protein than most other grains. It is quick and easy to prepare, serve as your would rice or use in salads. To give quinoa a roasted nutty taste, toast it in a dry pan for a few minutes before cooking.

**Ingredients available at most Bin Inn stores*

NEW

- ✓ ALLERGEN FREE
- ✓ KETO FRIENDLY
- ✓ VEGAN
- ✓ FAT FREE
- ✓ GELATIN FREE
- ✓ LACTOSE FREE
- ✓ NO PRESERVATIVES
- ✓ NATURAL FLAVORS
- ✓ NATURAL COLORS
- ✓ SWEETENED WITH STEVIA BLEND



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THESE BULK FOOD LINES

5%

EXTRA DISCOUNT
IF YOU BRING YOUR
OWN CONTAINER

- Faba Beans Puffed
- Blanched Almond Flour
- Quinoa Puff Ball (Small)
- Quinoa (White)
- Walnut Halves
- Natural Almonds Whole
- Dark Chocolate Compound Chips
- White Chocolate Compound Chips
- White Chocolate Compound Buttons
- Milk Chocolate Compound Buttons
- Dark Chocolate Compound Buttons

TOP TIP

PERFIT PRESERVING JARS
ARE IDEAL FOR KEEPING
YOUR BULK FOODS
PANTRY FRESH

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CREATING A GREENER FUTURE FOR THE NEXT GENERATION OF LITTLE FEET.

INTRO OFFER
\$9.99



LITTLEFOOT LAUNDRY LIQUID

Cleaning has never
been this clean and
green.



INTRO OFFER
\$9.99

LITTLEFOOT SPRAY & WIPE

Experience a new level
of spotless cleaning - the
natural way!

Say goodbye to
household nasties with
Littlefoot Spray and
Wipe.



INTRO OFFER
\$9.99

LITTLEFOOT HANDWASH

Containing the
perfect natural blend
to keep your hands
soft and clean.



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and Specialty Groceries

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INTRO OFFER
\$6.99



MIGHTY MITE 290g
Smooth Yeast spread, Vegetarian friendly.

NEW



HEARTLAND BREW FAIRTRADE ORGANIC COFFEE BEANS 1KG
100% Arabica beans.

INTRO OFFER
\$7.49



BICKFORDS PRUNE & CHERRY JUICE 1 Litre

FROM
\$14.99



HIGH TEMPERATURE CULINARY OILS omeganz™
High Temperature Culinary Oils are all Extra Virgin and Cold Pressed.

A high smoke point (over 200°C) makes oils of this category a healthy choice for stir frying, pan frying, wok cooking, grilling, sautéing, and oven roasting, as well as baking.

These oils are a great inclusion for your favourite marinade, or alternatively, take one tablespoon daily, drizzle over salads or use as a dipping oil.

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KIDS IMMUNE BOOSTERS



Kids Good Vita-C + Zinc Immunity

- Support kids' Immunity
- Vitamin C is water-soluble and not stored in the body, so must be obtained from diet or supplements
- Zinc supports immune response
- Natural tropical pineapple flavour



Kids Good Elderberry + Ivy Ills & Chills

- Boost kids' immunity during ills & chills
- Elderberry, Vitamin C, Zinc, Echinacea for immune support
- Ivy leaves soothe the throat and help clear the airways
- Natural citrus orange flavour

**BUY ANY 2
& GET FREE
STICKERS***



*Buy any 2 Good Vitamin Co. products and you'll receive one sticker sheet for free, while stock lasts. *IRI MarketEdge Scan data MAT to 27/12/21. Always read the label & use as directed. PP7175

YUMMY YOGHURT

If you love yummy fresh yoghurt, you're really going to like this stuff. Our range of products for home yogurt makers are natural, unsweetened, and have a mild taste that's great for kids.



**INTRO OFFER
\$5.79**

YOURS

Stain & Mould surface spray, Fly off surface Spray. 100% natural cleaning products using essential oils and plant based surfactants. Made in NZ.



**BUY ONE
GET ONE
1/2
PRICE**

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- Onehunga
- Palmerston North
- Papamoa

Petone

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- Rotorua
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- Stonefields
- Takanini
- Taradale

Taupo

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- Thames
- Waitara
- Warkworth
- Whakatane
- Whanganui
- Whangarei

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- Dunedin
- Lincoln Road
- Nelson
- New Brighton

Rangiora

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- Rolleston
- Stanmore Road
- Timaru

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