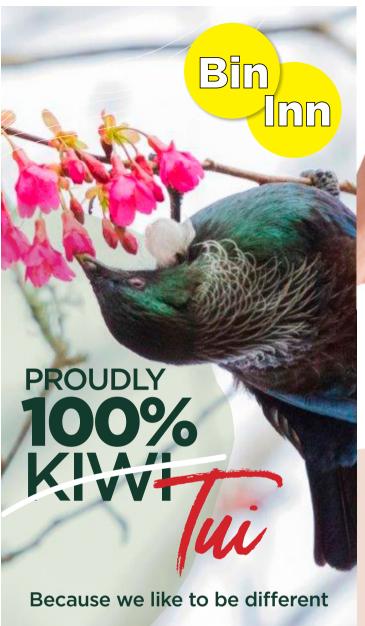








BASMATI RICE 5KG











\$6.99

PLANTASY VEGIE MINCE

200g

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

FRESH AS°

freeze dried ingredients

See Instore for 25% Off the Fresh As° 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

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and Specialty Groceries



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
- Line a 22cm tin and bake at 1800 for approx 40-50 min depending on your oven. Test until a skewer comes out clean.



Hunter Gatherer



YESYOUCAN CAKE MIXES

Dairy Free. Gluten free. Rich in flavour.





GLUTEN FREE PIZZA BASE

Ingredients

- 225g Bin Inn Gluten Free Flour
- 1/2 tsp salt
- 60g butter
- · 2 tsp GF baking powder
- 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).

\$5.99

YESYOUCAN 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











Bin

<u>Umm</u>



MIGHTY MITE 290g Smooth Yeast spread, Vegetarian friendly.



HEARTLAND BREW FAIRTRADE ORGANIC COFFEE BEANS 1KG

100% Arabica beans.



BICKFORDS PRUNE & CHERRY JUICE 1 Litre



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 + lvy 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 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.



YOURS

Stain & Mould surface spray, Fly off surface Spray. 100% natural cleaning products using essential oils and plant based surfactants. Made in N7



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