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Back to School



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Peanut Butter

100% nuts, nuts, nuts and nothing else.
Set the dial to either smooth or crunchy
and fill your container with yummy
peanut butter. Buy only what you need.
Or you can purchase a pre-filled jar to
bring back for refilling at a later date.

BRING YOUR
OWN CONTAINER
TO REFILL FOR

**5%
OFF**



**NO ADDITIVES.
NO PRESERVATIVES.
JUST PEANUTS.**



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Your Wholefoods
& Specialty Grocer

.....the alternative grocer

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Not all products available in all stores.

Lunchbox Inspiration

Finding the perfect balance in your kid's lunchboxes can be hard, but by focusing on the key categories, you can help stabilise energy levels, moods, and concentration so they can get the most out of school. Include a mix of low GI carbs (wholegrain bread, oats), healthy fats (pumpkin seeds, sunflower seeds, nuts, peanut butter), protein (falafels, yoghurt, eggs, cheese, tofu), and fruit and veges.



This is one of the first recipes created for the Fruit Spread Cookbook – our first cookbook from Dr Julie's Kitchen and packed full of recipes and simple suggestions of how to use our nutritious fruit spread!

Ingredients

2 cups almond flour
3 tb tapioca flour
3 tb coconut oil (melted)
3 tb maple syrup
½ tsp vanilla essence
¼ cup of fruit spread (1 tsp/cookie)

Method

Preheat the oven to 180°C and line a baking tray with non-stick paper.

Combine all ingredients, except the fruit spread into a bowl.

Mix together to form a dough (it will seem a little dry at first but it will come together as the almond flour absorbs the liquid).

Roll into balls and gently press down onto a tray. Using a teaspoon, create a small indent into the middle.

Spoon in the fruit spread into the indent in each cookie.

Place in the oven and bake for about 10-15 minutes until the cookies go golden.

Remove from the tray and allow to cool before enjoying!

More recipes like this in Dr Julie's Kitchen Fruit Spread Cookbook



SEED BAR

Ingredients

- 1 Cup Sesame Seeds
- 1 Cup Sunflower Seeds
- 1 Cup Coconut
- 1 Cup Assorted Nuts, chopped
- ½ Cup Sultanas
- 100g Butter or margarine
- 1 Tbsp Honey
- ½ Cup Brown Sugar
- ¼ tsp Salt

Method

1. Spread seeds, nuts and coconut on a tray lined with baking paper and toast in the oven for 3-4 minutes until golden.
2. In a saucepan, boil butter, honey, brown sugar and salt for 4 minutes until it bubbles and thickens like toffee.
3. Add sultanas to butter mixture and then add to seeds.
4. Mix well and then press in a slice tin lined with baking paper. Cut into slices or bars whilst it is still warm before it sets completely. Store in the fridge.



Back to school



Chocolate cookie mix

Ginger and white chocolate cookie mix

Strawberry and chia seed fruit spread

Raspberry and chia seed fruit spread

Grain free toasted muesli

Toasted muesli

Easy chicken curry slow cooker mix

Beef casserole slow cooker mix



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& Specialty Grocer

.....more than a refillery



Finest wholefoods.
Buy only what you need,
when you need it.

**BRING YOUR
OWN CONTAINERS
TO REFILL FOR**

**5%
OFF**

Whole
Almonds



Popping
Corn



TOP TIP

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

Dried
Apricots



Pumpkin
Seeds



Raisins



Sultanas



Zero Waste Lunchbox Ideas

- Dry Roasted Peanuts
- Unsalted Roasted Cashews
- Salted Roasted Cashews
- Raisins
- Bhujia Mix (mild)
- Bhujia Mix (hot)
- Pasta Elbows
- Pumpkin Seeds
- Walnut Halves
- Natural Almond Meal
- Sultanas
- Dark Choc Chips
- Natural Almonds Sliced
- Natural Almonds
- Turkish Sultanas
- Blanched Peanuts
- Sliced Cranberries
- Whole Pitted Dates
- Pecan Halves

Banana
Chips



Whole
Cashews



CRACKERS

Ingredients

- 1 ½ Cups Wholemeal Flour
- ½ Cup Rolled Oats
- 2 Tbsp Flaxseeds
- 1 tsp Salt
- 1 tsp Paprika
- 2 Tbsp Oil
- ½ Cup Water (approx)

Method

1. Preheat oven to 180°C.
2. Combine the ingredients into a dough, slowly adding more water if needed. Turn out onto a clean, floured surface.
3. Roll out very thin and cut to desired shapes.
4. Bake in the oven for 20-25 minutes. The crackers will harden up as they cool.

THE CRAFTY WEKA BAR

LEADING THE WAY IN REAL FOOD SNACKS

✓ DAIRY FREE ✓ SOY FREE ✓ EGG FREE ✓ NO ADDED AGENTS ✓ NO ADDED ADDITIVES
✓ COMPOSTABLE CELLO WRAPPER ✓ ALL NATURAL WHOLE FOODS



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Banana muffins

Ingredients

- 1 ½ Cups Flour (use plain, wholemeal or a mix of both)
- 1 tsp Baking soda
- ½ tsp Salt
- 3 Large Bananas, ripe
- ⅓ Cup Sugar
- 1 Egg, beaten
- 1 tsp Baking powder
- 80g Butter, melted

Method

1. Preheat oven to 180°C.
2. Sift the flour, sugar, baking powder, baking soda, and salt into a large bowl.
3. Put the bananas in a separate bowl and mash them with a fork.
4. Add the egg and butter to the banana and mix well.
5. Pour the wet mix into the dry ingredients and gently stir until just combined.
6. Scoop the batter into a greased muffin tin and bake for 25-30 minutes until a skewer comes out clean. Leave the muffins to rest for 5 minutes, and then transfer to a wire rack to cool.



Falafels

Ingredients

- 225g Chickpeas, soaked and cooked
- 1 Large Onion, diced
- 2 Tbsp Parsley, chopped
- 1 Clove Garlic, crushed
- 1 Egg, beaten
- 1 tsp Ground Coriander (optional)
- 1 tsp Ground Cumin
- Pinch Mild or Hot Chilli Powder

Coating

- ¼ Cup Plain Flour
- 1 Egg, beaten
- 1 Cup Breadcrumbs

Method

1. Mash cooked chickpeas thoroughly.
2. Add diced onion, parsley, garlic, egg, and spices.
3. Shape the mixture into small balls then coat in flour then egg then breadcrumbs.
4. Fry the falafel in hot oil for about 3 minutes on each side or until golden brown. Or alternatively, bake in a lightly oiled dish and cook for about 15 minutes, turning them during cooking, until golden.



little beauties®

BACK TO SCHOOL

Free from added sugar, gluten and dairy
100% fruit

Nutritious and delicious
Made from New Zealand Fruit



KIDS LOVE THEM!



24 McPherson Road,
Richmond, Nelson



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& Specialty Grocer

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FINE FOODS

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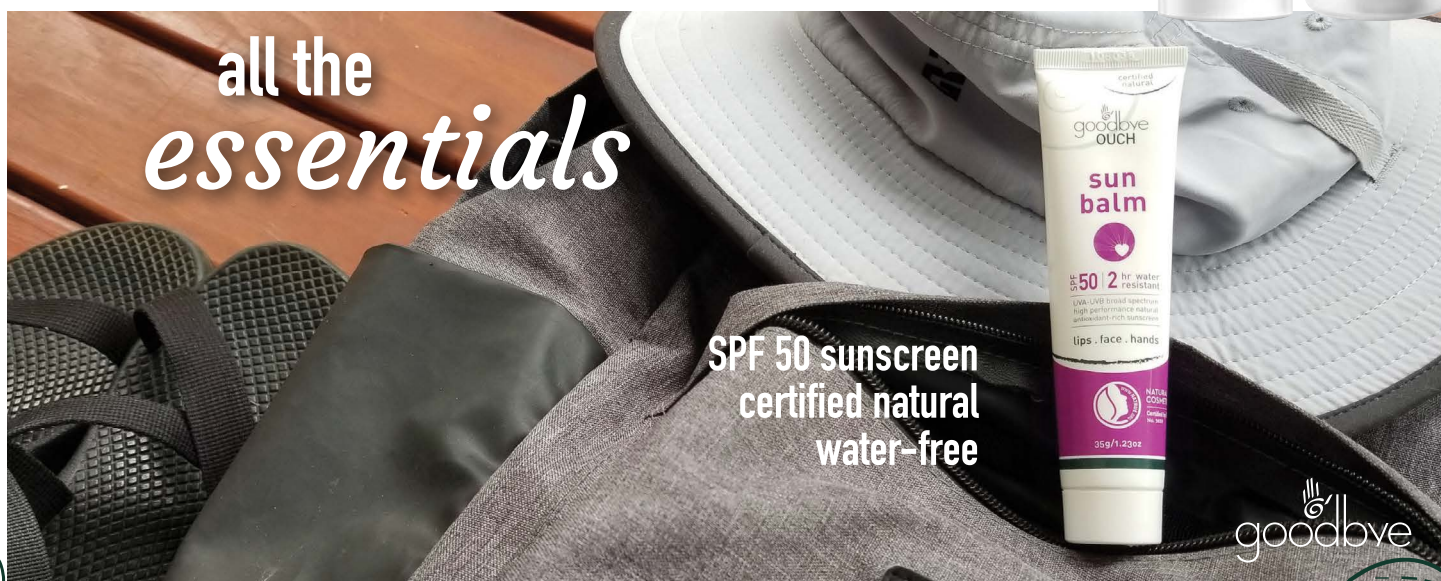


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Help control headlice without all the harsh chemicals.

Contains:

- Native Neem Organic Pure Neem Oil (100ml) (medical grade) helps to treat many skin ailments, soothes eczema, psoriasis, and rosacea and it is effective against head lice and scabies.
- Native Neem Organic Neem Hair and Body Wash (250ml) is an organic, soap-free, gentle cleanser. It is all-natural and completely non-toxic. Suitable for all ages. No artificial colours, fragrances or chemicals are added.
- Nit Comb



all the
essentials

SPF 50 sunscreen
certified natural
water-free



goodbye

Homemade Cleaning Recipes for Back to School

Laundry Detergent

- ½ Cup Borax
 - ½ Cup Baking Soda
 - ½ Cup Castile Soap
 - 4 Cups Hot Water
1. Combine the first three ingredients in a large bottle and add water to dissolve the ingredients.
 2. Fill the container to the top with cold water.
 3. Shake before each use.
 4. Use ¼ Cup per standard size laundry load.

Clothes Stain Remover

- Baking Soda
 - White Vinegar
 - Water
1. Sprinkle baking soda onto stain.
 2. Spray with diluted (1:1 ratio with water) white vinegar.
 3. Scrub the paste into the stain and leave for 20 minutes. Wash as normal afterwards.

Shoe Odour Remover

- Baking Soda
1. Sprinkle 1 - 2 tablespoons of baking soda onto the insole of each shoe.
 2. Gently shake the shoe to ensure even coverage.
 3. Leave overnight (up to 24 hours for tough jobs).
 4. Shake the shoes out over a sink or bin until most powder has come out.

DISCOVER A BIN INN STORE NEAR YOU

NORTH ISLAND

- Bethlehem
- Browns Bay
- Dinsdale
- Feilding
- Glenfield
- Hamilton East
- Hastings

• Kamo

- Kapiti
- Howick
- Masterton
- Onehunga
- Palmerston North
- Papamoa
- Porirua

• Petone

- Pukekohe
- Rotorua
- Silverdale
- St Andrews
- Stonefields
- Takanini
- Taradale

• Taupo

- Te Awamutu
- Thames
- Waitara
- Warkworth
- Whakatane
- Whangarei

SOUTH ISLAND

- Alexandra
- Blenheim
- Dunedin
- Lincoln Road
- Nelson
- Rangiora

• Queenstown

- Richmond
- Rolleston
- Stanmore Road
- Timaru