



Proudly supporting
Coeliac Awareness Week
12 - 18th June

Gluten Free *month*

Pure New Zealand Buckwheat

Gluten & Spray Free

Our buckwheat is sustainably farmed in the beautiful South Canterbury region of New Zealand.

Our heart shaped superfood is gluten free, spray free and packed full of vitamins and nutrients making it a versatile alternative in everyday cooking. Enjoy!

purenzbuckwheat.co.nz



Coeliac NZ offers a variety of resources and tools to support people with coeliac disease and their whānau, from YouTube videos and webinars to Wellness Journals and kids' clubs held in some regions around Aotearoa. The organisation is also trialling buddy shopper guides whereby an expert in shopping for gluten-free food assists newly diagnosed people with their food shop.

The Crossed Grain logo is another helpful way for people to find safe, gluten-free food when doing their grocery shopping. Coeliac NZ reviews and approves food to carry this internationally recognised logo.

Discover
More delicious
recipes at
www.coeliac.org.nz

Recipe by Nicole Percy
Makes 3 bases

Buckwheat Pizza Bases

You knead these pizza bases in your life! Easy to whip up, gluten-free and absolutely delicious paired with your favourite pizza toppings.

Ingredients

- 2½ cups Buckwheat Flour
- ¼ cup cornflour
- ¼ cup psyllium husk
- 1½ tsp salt
- 2 Tbsp chia seeds
- 3 Tbsp olive oil
- 2 tsp apple cider vinegar
- 1 cup yoghurt
- ½ cup water

Method:

1. Preheat oven to 200°C fanbake. Line 2 baking trays with baking paper.
2. In a large bowl combine dry ingredients with a whisk.
3. Use a spatula to push the dry ingredients to the side of the bowl to make a well. Pour wet ingredients into well and mix until a dough forms.
4. Knead a few times on a lightly floured surface until it comes together and is smooth, divide dough into 3 even pieces.
5. Press each piece into a disk shape on baking paper, add another piece of baking paper to top of dough and roll out to approximately 22cm round shapes.
6. Pre-bake pizza bases for 8 minutes, remove from oven and add desired toppings.

Coeliac disease occurs when the immune system reacts abnormally to gluten, a protein found in wheat, barley and rye and avenin in oats. This causes damage to the small intestine which can lead to serious health issues. Getting a diagnosis is the important first step and can be life-changing.

Coeliac AWARENESS WEEK | JUNE 12-18 2023

CAW SUPPORTERS.

 BAKELS

 bin
inn

 FreshLife
Experts in Goodness

 李錦記
LEE KUM KEE

MY COELIAC
CHALLENGE

Take charge
GET DIAGNOSED
and FIND HELP

reduce • replenish • recycle



35 YEARS OF REDUCING PLASTIC WASTE AND LOOKING AFTER OUR PLANET

SHOP LOCAL, EAT HEALTHY, AND BUY ONLY WHAT YOU NEED.

BRING YOUR OWN CONTAINERS FOR A 5% DISCOUNT ON BULK PRODUCTS



Next to Natural Muscle Recovery Bath Salts with Arnica

The ultimate relaxation for the special someone who deserves some time out. Exclusive to Bin Inn.



Mix, Bake, Eat.

We believe gluten free needs to be simple, nutritious and fresh.

Our blends have been created from the finest gluten free flours and grains to make baking easy and delicious every time. If we had a middle name it would be light and soft, just like our breads.

Choose from our range of premixed gluten free flours and our tried and tested recipes to start eating gluten free as it should be - fresh.

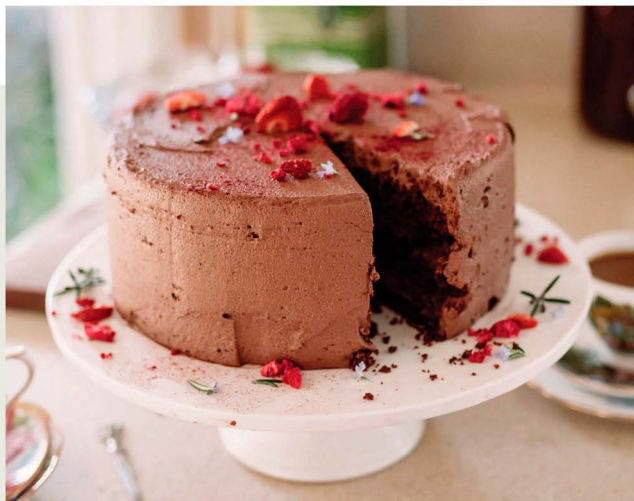
Shop instore or online today www.alternativebread.co.nz



.....the alternative grocer

Gluten Free Chocolate Cake

Made using The Alternative Bread Co Bread Mix



 Nut free

 Egg free

 Gluten free

 Yeast free

 Dairy free option

 **PREP TIME**
20 minutes

 **TOTAL COOK TIME**
1 hour

 **DIFFICULTY**
Easy

 **INGREDIENTS**
12

Note: This can also be made with Wholesome Bread Mix if you don't want the hints of spice. Sift the Wholesome Bread Mix to remove the coarse flaxseed before combining with the dry ingredients.

WHAT YOU'LL NEED

For the cake:

3 cups Spiced Bread Mix

1¾ cups sugar

2 tsp baking soda

6 Tbsp cocoa powder

½ tsp salt

2 cups chocolate dairy free milk

or 2 cups milk + 3 Tbsp drinking chocolate

½ cup oil

2 tbsp apple cider vinegar

1 tsp vanilla essence

For the chocolate ganache:

1 can coconut cream (approx. 300ml)

Leave this in a cool place/ fridge to thicken.

150g 75% chocolate

1 tbsp sugar - optional if you like your ganache sweeter

The how to:

Preheat your oven to 180°C . Line two 20cm round cake tins.

In a large bowl mix together the bread mix, sugar, baking soda, cocoa and salt until it is an even colour without any lumps.

In a separate bowl combine the milk, oil, vinegar and vanilla.

To make your own chocolate milk, heat ¼ cup of the milk allowance with the drinking chocolate until dissolved forming a slightly wet paste and add to the liquids along with the remaining milk.

Mix the wet and dry ingredients together, making sure everything is well combined but not over mixed.

Divide evenly between the two tins and bake for 25 minutes or until a skewer comes out clean.

Cool in the tins for 5 minutes before transferring to a wire rack to cool completely.

To make the chocolate ganache:

Carefully remove the thickened cream from the top of the coconut cream, you do not want any of the thinner liquid. Place into a pot.

Break up the chocolate and add to the coconut cream. Add sugar, if using.

Gently heat together until chocolate has melted and everything is well combined.

Transfer to a medium sized bowl and leave to completely cool.

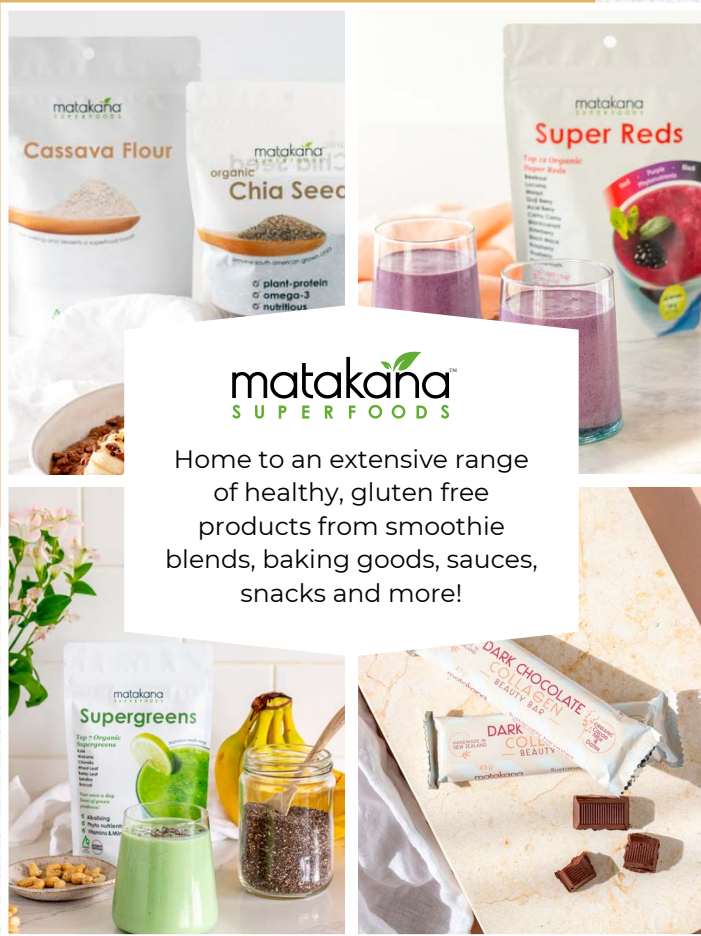
Once cool, beat until it forms a lighter colour.

To assemble:

Place one cake upside down on a plate and spread evenly a layer ganache over the top, allow a little room for it spread out. Place the other cake on top and spread with ganache. Decorate with grated chocolate, freeze dried fruit, fresh strawberries or edible flowers.

Take a step back and admire! Put the kettle on and enjoy a slice.

www.alternativebread.co.nz



matakana
SUPERFOODS

Home to an extensive range of healthy, gluten free products from smoothie blends, baking goods, sauces, snacks and more!



Pacific Harvest
EST 2003

Recently accredited with Coeliac NZ

Everyday with seaweed!

- Air-dried, delicious and unprocessed seaweeds
- Highly alkaline and soothing
- Tested for contaminants
- Ethically harvested



Scan QR code to download free recipe e-book (+70 recipes)
www.pacificharvest.co

Delicious & Gluten Free

AVAILABLE IN STORE NOW

TRY OUR DELICIOUS FLAVOURS

Double Choc Chip, Choc Chip, Macadamia, Hokey Pokey, Vanilla, Gingernut, Almond, Coconut, Lemon Coconut, Peanut Brownie

Proud Sponsors of Coeliac Awareness Week 2023

www.keacookies.co.nz f t i @ keacookies



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

NEW ZEALAND'S
BIGGEST
GLUTEN FREE
VITAMIN GUMMY BRAND



CERT TM



THE
good
VITAMIN CO

THAT'S WHY THEY ARE CALLED
"GOOD"



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

flour & dough

Easy as baking for everyone.

Bagels, buns, loaves, pizza bases
- make either from one mix



Bin Inn stores have an extensive range of Gluten Free products available, along with expert advice to help you with your purchasing decisions.

Everything you need available at Bin Inn!

Gluten Free Savoury Scones

Ingredients

- 1 Cup Arrowroot or Tapioca Flour
- 4 tsp Gluten Free Baking Powder
- ½ tsp Salt
- 1 Cup Grated Cheese
- Extra Grated Cheese for topping
- 1 Cup Rice Flour
- 1 tsp Guar Gum
- 75g Butter, chilled
- 1 Cup Milk

Method:

1. Into a food processor, sift tapioca flour, rice flour, guar gum and salt. Cut the chilled butter into cubes, add to the food processor and process until the mixture is thoroughly combined and resembles fine breadcrumbs.
2. Add the grated cheese and process again. Very slowly pour in just enough milk until the mixture forms a soft dough. Remove from the food processor onto a floured (rice flour) surface and shape into a rectangle. Cut the dough into scones. Place scones onto a tray lined with baking paper. Sprinkle over the extra grated cheese. Bake scones in an oven preheated to 200°C for 12-15 minutes or until golden brown.

DISCOVER A BIN INN STORE NEAR YOU

NORTH ISLAND

- Bethlehem
- Dinsdale
- Feilding
- Glenfield
- Hamilton East
- Hastings
- Howick
- Kamo

- Kapiti
- 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
- Richmond
- Rolleston
- Stanmore Road
- Timaru



Your Wholefoods & Specialty Grocer

Serving our *local* communities for 35 years