



Wholefoods
Market

A *Sustainable* CHRISTMAS WONDERLAND



**Spend \$150 and get
a free tote bag**

*\$150 must be spent in one transaction. Promotion runs 20/11/23-24/12/23 or while stocks last.



**reduce
replenish
recycle**

* Not all products available in all stores



15 Days of Christmas

1st - 15th December



1 BIN INN
VOUCHERS
X 20

**ECOSTORE
GIFT SETS X 6**



*prize may vary from pictured set

2



**TUI BIRD FEEDER
PACK X 12**

3

**Chantal Organics
Hampers x 5**



4

**DAZZ & ECO
WAREHOUSE HOME
STARTER PACKS X 6**



5

6 BIN INN
VOUCHERS
X 30



**PEPPER & ME BBQ
LOVERS SETS X 7**



7

8

**Click Clack
Kitchen
Utensil
Packs
x 10**



9 Fresh As
Full Recipe
Packs x 10



10

**CLICK CLACK
HAND MIXER
PACKS X 10**

**TUI WORM
FARMS X 6**



11



12

**CLICK CLACK
PANTRY
PACKS X 12**

13 HAMPERS
X 8



**Equip Food
Processors
x 2**



14

**BIN INN
VOUCHERS X 20**



15

**Over
\$18,000
worth of
prizes to
be won!**

Follow along on our Facebook page to be in to win!
Plus, follow our Instagram for bonus prizes.

BININNWHOLEFOODS

BBQ Rub

- ½ cup brown sugar
- ½ cup paprika
- 1 tablespoon chili powder
- 1 tablespoon garlic powder
- 1 tablespoon onion powder
- 1 tablespoon salt
- 1 tablespoon ground black pepper
- 1 teaspoon cayenne pepper (Optional)

Mix ingredients together and fill a jar.

We would love to see what you come up with. Tag us on social media @bininnwholefoods or email us at headoffice@bininn.co.nz

GIFTS IN A JAR

There are endless ideas for what you can create to gift in a jar. Decorate the jar to add an extra personal touch.

Homemade Baking • Dry Baking Mix • Homemade Sauce • Hot Chocolate Mix • Confectionery • Mixed Nuts • Candle • Bath Salts • Spa in a jar

Coffee & Raw Sugar Body Scrub

- **Ingredients**
- 40g Coffee Beans
- 100g Baking Soda (sodium bicarbonate)
- 20g Coconut Oil
- 50g Raw Honey
- 100g Raw Sugar

1. Add coffee, baking soda, coconut oil and honey to a high speed blender and blitz for 20 seconds on high speed (longer if you want a finer scrub). Pour into a bowl.
2. Add sugar and mix with a wooden spoon until well combined.
3. Transfer to a jar.
4. Store away from direct sunlight.

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Wholefoods Market



5%
DISCOUNT IF YOU
BRING YOUR OWN
CONTAINER

**Buy only
what you need,
use everything
you buy**

**Fruit Mix
(with extra
Cherries)**



**Walnut
Halves**



**Dried
Apricots**



**Fruit
Mince**



**Raw
Nut Mix**



**Glace
Cherries**



**Dried
Strawberries**



**Whole
Almonds**



Stocking Stuffers

Homemade playdough or bubble mix make great stocking stuffers for the little ones. You can get all your ingredients plus other goodies at Bin Inn.

Playdough

Ingredients

- 2 Cups Flour
- 1 tsp Cream of Tartar
- 1 Cup Salt
- 2 Cups Water
- 2 tsp Oil
- Food Colouring

Method

1. Mix all of the ingredients into a saucepan, except for the food colouring.
2. Cook over a gentle heat until the mixture holds together. Remember to keep stirring or it will stick to the pot.
3. Once the dough has cooled, knead it on a floured surface and divide it into small balls.
4. Add a drop of food colouring to each ball and mix well. Store in airtight containers.



KIDSCAN CHRISTMAS CRACKERS FOR SALE IN STORE NOW!



KidsCan
Giving all Kiwi kids
a fair start

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**Wholefoods
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CHANTAL
ORGANICS



\$6.99



**SQUEEZE MORE GOODNESS
OUT OF LIFE**

For the baker

bin inn

CREATE A GIFT BOX

For the green fingers

For the eco warrior

For the sweet tooth

Create your own theme
Gluten Free • Keto • Jar Refills • NZ Made

trade aid

MAKING CHRISTMAS FAIR SINCE 1973

COMPOSTABLE PACKAGING

40% COCOA
ORGANIC FAIR TRADE
LEMON CRUNCH
MILK CHOCOLATE

A powerful performance, every time



ecostore

**SPECIAL
PRICE
\$8.99**

**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.



Price applies 20/11/23-24/12/23.

CaliWoods



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FRESH AS^o

www.fresh-as.com



Mini Pavlova Sandwiches with Raspberry

Ingredients

30g Fresh As Raspberry Whole
300ml fresh cream
180g egg whites, approx 6
1 tsp cream of tartar (optional)
370g sugar
30g cornflour

Method

Combine the egg whites, sugar, and cream of tartar in a heat proof bowl.

Whisk over a lightly simmering pot continuously until light and fluffy and all sugar is dissolved.

Transfer to a stand mixer and whisk until medium peaks form. Fold in cornflour.

Pipe 50-60 dollops of mixture onto baking paper. Flatten half the dollops, as these will form the base of the sandwich. Crumble 15g of Fresh As Raspberry Whole over the pavlovas.

Dry in the oven at 70°C for approx. 3 hours.

Whip cream to stiff peaks. Sandwich two mini pavlovas together with the cream.

Garnish with remaining Fresh As Raspberry Whole.

Makes 25-30 Pavlova Sandwiches.

Secret KIWI KITCHEN

Whether you are whipping up a Christmas breakfast or looking to entertain your sweet tooth guests. The Secret Kiwi Kitchen's selection of treats is sure to please.

Potter Brothers CHOCOLATES

PROUD TO BE 100% NEW ZEALAND OWNED & OPERATED

NEW PRODUCT ADDED TO THE RANGE!

Raspberry Creams
in Milk Chocolate

SMALL BATCH MADE IN NEW ZEALAND

Proud to be 100% New Zealand owned & operated

The food store with something *more*



Wholefoods Market

MUST TRY RECIPE!

Focaccia Buns

with Salt of Aotearoa

A really fun twist on the much loved Focaccia slab. These tasty lil buns are perfect vehicles for your hot ham and pulled lamb.

INGREDIENTS:

5 cups flour	Salt of Aotearoa
1 generous heaped tsp active instant yeast	360ml olive oil
1 generous heaped tsp sure bake yeast	Fresh rosemary
3 ½ cups lukewarm water	⅓ cup sliced olives

INSTRUCTIONS:

- 1:** Combine flour and yeasts in a bowl. Add water and mix into a wet dough. Rest for 10 minutes.
- 2:** Add one tablespoon of Salt of Aotearoa and give it a quick mix, drizzle the top with about 2 tablespoons of olive oil and set aside for half an hour.
- 3:** Clean and clear your bench. Drizzle the bench generously with oil to stop the dough sticking. Pour the dough out onto the bench.
- 4:** With oiled hands stretch the dough wide, then fold sides to the center like folding an A4 paper into thirds. This is called a blanket fold.
- 5:** Repeat the fold vertically now by folding the bottom towards the centre and then the top.
- 6:** Pop the folded dough back into the bowl and leave to rest for 30 minutes before repeating the above folds. Repeat this twice more with 30 minutes in between for a total of 3 stretch and folds.

- 7:** Preheat oven to 220°C Fan Bake. Divide the dough carefully into 24 portions. Stretch and fold the dough once more, within the small ball shape, to create another air pocket.
- 6:** Add 1 tbsp of olive oil to each of the muffin tins. Add dough balls and top with rosemary, olive, and salt. Proof for 20 minutes in a warm spot.
- 7:** Using your fingers, press down into the bun dough to create small divots on top of the bun. Press the olive and rosemary down into the bunball shape, to create another air pocket.
- 8:** Pop in the oven for 16 minutes till crispy and golden.



PEPPER & me

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Find other great recipes at
pepperandme.club

*Have you tried
our new superstar
salt blend?*



Part of our *local* community for 35 years



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Don't forget your **ANIMALS** this **CHRISTMAS**

Wolf Pack

MIXED
DOG TREATS

-  100% NZ meat
-  No additives
No preservatives
No worries
-  Freeze-dried
Mess free
Flavour full



Bug, Bee and Butterfly House

Build biodiversity into your
backyard by providing a
safe shelter for insects and
pollinators.



Be in to win
1 of 3 on our
Instagram



Scan me for more Tui
gardening tips.



BRING THE BIRDS TO YOUR BACKYARD

Tui Wild Bird No Sprout Seed Mix

contains a nutritious blend of seeds to
attract a variety of birds to your garden.

bin
inn

TREAT YOUR DOG TO BIN INN PEANUT BUTTER FOR CHRISTMAS

No additives, no preservatives,
just peanuts.



5%

DISCOUNT IF YOU
BRING YOUR OWN
CONTAINER

The food store with something *more*



Wholefoods
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melrose

The MCT Oil range is 100% derived from sustainably grown, certified organic coconuts. Choose your goal - Energy & Exercise, Kick Start or Brain Power.



**SPECIAL
PRICE
\$6.99**

**Purchase
yours
in-store
now!**

Get your 14 month Bin Inn wall planner now. Includes five columns so you can keep the family organised.

* Price applies 20/11/23-24/12/23

CHRISTMAS ALE

This special ale is filled with the festive flavour of Christmas, cherries, spices and good cheer. Delicious with a piece of your favourite Christmas cake.

Ingredients:

- 1 Can Blackrock nut brown ale (Yeast under the lid)
- 1 Can Blackrock light unhopped light malt extract.
- 2 Cans Cherries in Heavy Syrup
- 3 Cups Honey
- 2 ½ tsp Ground Ginger
- 1 ½ tsp Cinnamon
- ¼ tsp Fresh Ground Cloves
- 1 tsp Pure Almond Extract

1. Thoroughly clean and sterilise all equipment.
2. Remove the plastic cap and yeast enclosed under the cap of the Blackrock Nut Brown ale malt extract.
3. Stand both cans of malt extract in hot water for 10 minutes to soften contents.
4. Puree the fruit in a blender or food processor and set aside to add to brew later.
5. Place approximately 2 litres of water into a clean saucepan and bring to the boil. Remove from heat and add the honey, stir well.
6. Add the contents of the saucepan to the contents of 2 cans of malt extract in your fermenter and dissolve.

7. Add pureed fruit and stir vigorously. Then make up to volume to 23 litres with cold water, making sure the final temperature is between 18 and 28 degrees celsius.
8. Open the yeast package, sprinkle yeast over the surface of the liquid and allow to sit for 5 minutes. Stir vigorously again, then screw the lid on with the airlock (half-filled with boiled and cooled water).
9. Ferment for a minimum of 2 weeks between 18 to 28 degrees celsius.
10. For bottling, follow the steps outlined on the back of your tins of Blackrock Malt Extract.
11. For best results, allow to secondary ferment for a minimum of 6 weeks.



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Make your own Salt Dough Decorations

Ingredients:

- 4 Cups Plain Flour
- 2 Cups Table Salt
- 1 ½ Cups Water

1. Mix the ingredients together and knead into a dough.
2. Roll the dough out to a 3mm thickness.
3. Use cookie cutters or any other shapes you have around the house to cut the decorations.
4. Use a skewer or straw to add a hole to the decorations.
5. Bake in the oven at 120°C for 1 1/2 - 2 hours until the decorations are hard to touch. Bake time will vary depending on size and thickness.
6. Remove from the oven and allow to cool before decorating.

BE IN TO WIN
1 OF 12 IN THE
15 DAYS OF
CHRISTMAS

ClickClack Pantry Cube 10 Pack

ClickClack.
Your food friend

Thinking up ways to help in the kitchen for over 30 years ClickClack® is an iconic New Zealand company dedicated to producing stylish and incredibly helpful kitchenware.

Let's straighten up your pantry - I'm airtight, good looking and very useful. I'll be right at home in the pantry, kitchen drawers or on the countertop.

Set includes: (1) 0.9L/(2) 1.4L/(2) 1.9L/(2) 2.8L/ (2) 3.3L/ (1) 4.3L

BPA
FREE

AIR
TIGHT

EASY
STACK

EASY
OPEN

Part of our *local* community for 35 years



**Wholefoods
Market**

Alfresco Dining



Nuts and Bolts

- 125g Butter
- 500g Salted Blanched Peanuts
- ¾ Cup Cashew Nuts
- ¾ Cup Pumpkin Seeds
- 1 Tbsp Hot or Mild Curry Powder
- 280g Crispy Fried Noodles
- 70g Caramel Popcorn

Method:

1. Preheat oven to 200°C.
2. Place butter, peanuts, cashew nuts, pumpkin seeds and curry powder in a large roasting dish and bake for about 15 minutes.
3. Add crispy noodles and caramel popcorn and stir to combine.
4. Bake for another 5 minutes or until nuts are golden.
5. Leave to cool.
6. Store in an airtight container.



Bin Inn Wholefoods Markets have an extensive range for making antipasto platters this season. From cocktail onions to dried fruits, olives to pretzels, you'll be amazed by what you can find.



Hummus

Hummus is a quick and easy spread that is delicious served as a dip with crackers, pita bread or carrots and celery sticks.

- 1 Cup Cooked Chickpeas plus water
- ¼ Cup Sesame Seeds
- 2 tsp Lemon Juice
- ¼ tsp Cumin Powder
- Pinch Ground Black Pepper and Salt
- 1 Clove Garlic, chopped
- ½ tsp Turmeric
- ¼ Cup Apple Cider Vinegar
- 1 Tbsp Parsley, finely chopped

Method:

1. Soak the chickpeas in cold water overnight.
2. Cook chickpeas in water until they are soft and tender (approximately 45 minutes).
3. Remove from heat, drain and leave to cool.
4. In a food processor, place chickpeas and all the other ingredients and blend until they form a smooth paste.
5. While the food processor is on, gradually add some of the water used for soaking. Add water slowly according to the consistency preferred.
6. Store in refrigerator until ready to serve.



You can find chickpeas in our bulk bins instore

Tabbouleh

Tabbouleh is a Middle Eastern light and refreshing salad which the Lebanese claim as their national salad.

- 225g Bulghur Wheat
- 600ml Boiling Water
- 4 Tbsp Lemon Juice
- 2 Tbsp Olive Oil
- 8 Tbsp Parsley, chopped
- 8 Tbsp Spring Onions, chopped
- 4 Tbsp Mint, chopped
- 4 Tomatoes, chopped and peeled
- Pinch Salt & Pepper

Garnish:

- 1 Lemon, cut into wedges
- 1 Tomato, diced Black Olives

Method:

1. Place bulghur wheat in a bowl and pour over boiling water.
2. Leave for 10-15 minutes or until the water is absorbed.
3. Add other ingredients and mix well, season with salt and pepper. Garnish with lemons, diced tomato and olives.

Serve as a Mediterranean mezze platter with falafel and hummus or just serve as an alternative to a salad.



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Wholefoods Market

Cherry Ripe Brownie

Servings: 16 slices

Ingredients

- 2 cup dates
- 1 ½ cup brazil nuts
- 1 ½ cup freeze dried cherries
- 1 cup desiccated coconut
- 1 avocado
- ¾ cup cacao powder
- 3 tbsp coconut sugar
- 1 tsp vanilla extract
- ¼ tsp sea salt

Method

1. Blend brazil nuts and dates in a food processor until you achieve a chunky couscous like texture, then add coconut, cacao powder and salt and blend again until combined.
2. Add avocado and vanilla, and blend on low until fully combined but still retaining some crunchy chunky texture from the nuts.
3. Finally, add the freeze-dried cherries and pulse gently to mix through until they are slightly crushed but still visible.
4. Press the mix into a lined tray, then sprinkle with the additional cherries and desiccated coconut, pressing lightly so they set in. Place in the freezer for one hour to set, then slice and serve.

Optional:

- 3 tbsp coconut sugar
- 4 tbsp cacao butter melted

To Top:

- ¼ cup freeze dried cherries
- 1 tbsp desiccated coconut

Recipe Notes

Keep this slice in the freezer for a firm cold chewy texture (my favourite). It will also store happily in the fridge for over week, for a softer fudgier option.

If you're planning to take the slice out and about (in lunches etc), you can also add 4 tablespoons of melted cacao butter in the avocado step, which helps to keep it solid and also gives it a delicious rich chocolatey flavour.

I've added some coconut sugar to this brownie, to give it just a hint of sweetness. Without, however, the brownie still tastes lovely, but is only very modestly sweet (great for kids).



Coeliac New Zealand 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.

We are also training GF Champions in several Bin Inn stores so that newly diagnosed people can get assistance with their gluten free food shop.

Find out more at coeliac.org.nz



**Buffy
Ellen Gill**

Buffy is a Food Ambassador for Coeliac New Zealand. She is a qualified* Nutritionist, Naturopath and Medical Herbalist, founder of Be Good Organics, NZ's biggest food blog and recipe site, and author of 'Be Good: Plant-based recipes for everybody'. See begoodorganics.com for more details.

**with Bachelor of Naturopathy and Herbal Medicine + Diploma of Nutrition, Wellpark College.*



Collect 1 point for every \$20 spent in store.
Collect 15 points and receive \$5 off your next purchase. Don't have a card yet? You can get yours next time you're in store.

Don't know what to buy for your loved ones? Get them Bin Inn gift vouchers. Available in \$50, \$20 and \$10 amounts.

CHRISTMAS GOODIES TO TRY!

Panforte

Ingredients

- 150g Flour
- 50g Cocoa Powder
- 1 tsp Mixed Spice
- 1 tsp Cinnamon
- 1 Cup Hazelnuts, roasted
- ¾ Cup Almonds, roasted
- ¾ Cup Honey
- ¼ Cup Walnuts, roasted
- ¼ Cup Dried Figs
- ¼ Cup Dried Apricots
- 100g Glace Cherries
- 100g Mixed Peel
- 200g Dark Chocolate Buttons
- ½ Cup Brown Sugar

Method

1. Sift flour and cocoa into a bowl, add spices, chopped nuts and dried fruit, cherries and mixed peel. Set aside.
2. In a saucepan, melt chocolate, honey and brown sugar over a low heat.
3. Pour into the dry ingredients, stir until well combined.
4. Press into a tin lined with baking paper.
5. Bake in a preheated 180°C oven for 30-40 minutes or until the centre is firm to the touch. Leave to cool in the tin before slicing into squares or wedges.

Truffle Surprise

Ingredients

- 100g Butter
- 3 Tbsp Cocoa Powder
- ½ tsp Vanilla Essence
- ½ tin Condensed milk, unsweetened
- ½ Cup Brown Sugar
- Dessicated Coconut
- Marshmallows or Chocolate
- 1½ - 2 Cups Malt Biscuit Crumbs

Method

1. Melt butter, cocoa, vanilla, condensed milk and brown sugar on low heat and let it cool. Add malt biscuit crumbs.
2. Shape the mixture around a marshmallow or chocolate.
3. Roll in the dessicated coconut. Chill and enjoy.



Christmas Cake

Ingredients

- 1 Cup Milk
- 225g Butter
- 1 Tbsp Golden Syrup
- 1 tsp Baking Soda
- 450g Plain Flour
- 225g Sugar
- ½ tsp Mixed Spice
- ½ tsp Nutmeg
- 1.15kg Fruit Mix
- 3 Eggs, beaten
- ½ tsp Vanilla Essence
- ½ tsp Almond Essence
- ½ tsp Lemon Essence

Method

1. Boil milk, then pour over butter and leave to cool. Add golden syrup and baking soda.
2. Put all dry ingredients into a bowl, add fruit mix, milk mixture, three essences, beaten eggs, and mix altogether.
3. Grease a large cake tin and line base and sides with baking paper. Bake at 150°C for 2½ to 3 hours or until skewer comes out clean.



Gluten Free Shortbread

Ingredients

- 250g Butter, softened but not melted
- 1½ Cups Maize Cornflour
- ½ Cup Rice Flour
- ¾ Cup Gluten Free Icing Sugar

Method

1. Mix all the ingredients in a food processor until well combined.
2. Roll dough out on a floured (maize cornflour) surface to 1cm thick. Use a cookie cutter to cut into shapes or roll into balls.
3. Place on a lined tray and prick with a fork.
4. Bake at 150°C for 25-30 minutes until pale but crisp. Cool on wire rack.

DISCOVER A BIN INN STORE NEAR YOU

NORTH ISLAND

- Bethlehem
- Dinsdale
- Feilding
- Glenfield
- Gisborne (opening Dec)
- Hamilton East
- Hastings

- Howick
- Kamo
- Kapiti
- Masterton
- Onehunga
- Palmerston North
- Papamoa
- Petone
- Pukekohe

- Rotorua
- Silverdale
- St Andrews
- Stonefields
- Takanini
- Taradale
- Taupo
- Te Awamutu
- Thames

- Waitara
- Warkworth
- Whakatane
- Whangarei

SOUTH ISLAND

- Blenheim
- Dunedin (new ownership Dec)

- Lincoln Road
- Nelson
- Rangiora
- Richmond
- Rolleston
- Stanmore Road
- Timaru

