

Gluten Free
Wheat Free

Barkat[®]
Dedicated to naturally gluten and wheat free foods

Adding **Variety**
to a **Gluten Free**
Diet



G **GLUTEN**
F **FREE**
FOODS LTD



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Adding Variety to a Gluten Free Diet

As a family run company, we make it our top priority to deliver only the best gluten free products for our customers, many of our products are also free from milk, egg, yeast, soya and nuts, so we make sure that no-one is left feeling hungry!

We made it our ambition to revolutionise the world of Gluten Free foods. Since 1977 we launched the world's first Gluten Free bakery in the UK, enabling Coeliac consumers to enjoy their first loaf of Gluten Free bread.

Within each category, there's a vast selection of great tasting foods, from everyday regulars such as bread, pasta, cereals and biscuits, to special favourites like pretzels, wafers, ice cream cones and baking powder. Recent and very welcome additions to the collection include ready to eat pasta (gnocchi and macaroni cheese) and lasagne sheets.

The BARKAT range of over 60 gluten free foods is available in the UK and internationally through supermarkets, pharmacies and health food stores.

Gluten Free Foods Ltd is the ideal gluten free one-stop shop.

- Barkat is; dedicated gluten free and vegetarian, selected products in the range are organic and kosher certified

Your complete gluten free menu from breakfast through to dinner

Follow the BARKAT brand on Social Media:

<https://www.facebook.com>

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<https://www.instagram.com/glutenfreebarkat>

Gnocchi

Free from: **Gluten, wheat, nuts**

Ingredients: Rehydrated potatoes 70% (water, potato flakes), potato starch, corn flour, corn starch, salt, rice flour, acidity regulator: lactic acid, preservative: sorbic acid, turmeric

Pack Size: 250g

Case Size: 12

Bar Code: 804345000851

NEW



Pasta Mac & Cheese

Free from: **Gluten, wheat**

Ingredients: Gluten free pasta 73% (Corn meal, rice flour), Processed cheese (**milk**) powder 13% (Cheese (**milk**, salt, vegetable rennet), whey (**milk**) powder, salt), whey powder (**milk**), sunflower oil preparation, (sunflower oil, glucose syrup, **milk** protein), salt, natural flavours, yeast extract

Pack Size: 184g

Case Size: 12

Bar Code: 804345001063

NEW



Spirals

Free from: **Gluten, wheat, milk, egg, soya, nuts**
Ingredients: Corn flour, Water
Pack Size: 500g/ **Case Size:** x12
Bar Code: 804345000325



Alphabet Pasta

Free from: **Gluten, wheat, milk, egg, soya, nuts**
Ingredients: Corn flour, Water
Pack Size: 500g/ **Case Size:** x12
Bar Code: 804345000530



Spaghetti

Free from: **Gluten, wheat, milk, egg, soya, nuts**
Ingredients: Corn flour, Water
Pack Size: 500g/ **Case Size:** x12
Bar Code: 804345000332



Pasta Shells

Free from: **Gluten, wheat, milk, egg, soya, nuts**
Ingredients: Corn flour, Water
Pack Size: 500g/ **Case Size:** x12
Bar Code: 804345000912



Macaroni

Free from: **Gluten, wheat, milk, egg, soya, nuts**
Ingredients: Corn flour, Water
Pack Size: 500g/ **Case Size:** x12
Bar Code: 804345000356



Short Cut Tagliatelle

Free from: **Gluten, wheat, milk, egg, soya, nuts**
Ingredients: Corn flour, Water
Pack Size: 500g/ **Case Size:** x12
Bar Code: 804345000721



Animal Shapes

Free from: **Gluten, wheat, milk, egg, soya, nuts**
Ingredients: Corn flour, Water
Pack Size: 500g/ **Case Size:** x12
Bar Code: 804345000349



Lasagne Sheets

Free from: **Gluten, wheat, milk, egg, nuts**
Ingredients: Corn flour, rice flour
Pack Size: 250g/ **Case Size:** x12
Bar Code: 804345000806



Buckwheat Spirals

Free from: **Gluten, wheat**
Ingredients: Corn flour, rice flour, buckwheat flour (15%)
Pack Size: 250g/ **Case Size:** x12
Bar Code: 804345000172



Buckwheat Penne

Free from: **Gluten, wheat**
Ingredients: Corn flour, rice flour, buckwheat flour (15%)
Pack Size: 250g/ **Case Size:** x12
Bar Code: 804345000363





Crackers

Free from: **Gluten, wheat, milk**

Ingredients: Corn starch, palm oil, **soya** flour, invert sugar syrup, sea salt, stabilizer (sodium carboxymethylcellulose), emulsifier (**soya** lecithin), leavening agents (sodium bicarbonate, disodium diphosphate), caramelised sugar, yeast extract.

Pack Size: 200g

Case Size: x12

Bar Code: 804345000394



Matzo Crackers

Free from: **Gluten, wheat, milk, egg, nuts**

Ingredients: Maize starch, **soya** bran, pregelatinised tapioca starch, palm oil, invert sugar, salt, raising agent (ammonium bicarbonate), emulsifier (diacetyltartaric acid esters of fatty acids)

Pack Size: 200g

Case Size: x12

Bar Code: 804345000271



Crispbread

Free from: **Gluten, wheat, milk.**

Ingredients: Rice flour, cornflour, inulin, sea salt.

Pack Size: 75g

Case Size: x20

Bar Code: 804345000011



Pretzels/ Pretzel Sticks

Free from: **Gluten, wheat, milk.**

Ingredients: Maize starch, unhardened vegetable oil (fruit palm oil), potato starch, sea salt, invert sugar syrup, dry yeast, stabilizer (carboxymethylcellulose), emulsifier (**soya** lecithin), raising agents (sodium pyrophosphate, sodium bicarbonate), acidity regulator (sodium hydroxide).

Pack Size: 75g

Case Size: x20

Pretzels: Bar Code/ UPC: 804345000011

Pretzel Sticks: Bar Code: 804345004200

All Purpose Flour Mix

Free from: **Gluten, wheat**

Ingredients: Maize starch, sweet lupin flour, guar gum, dextrose, skimmed milk powder

Pack Size: 500g

Case Size: x6

Bar Code: 804345000950



Bread Mix

Free from: **Gluten, wheat, milk, soya, yeast**

Ingredients: Cornflour, sugar, raising agent (glucono-delta-lactone), stabilisers (carboxy-methyl-cellulose & xanthan gum), egg powder, salt.

Pack Size: 500g

Case Size: x12

Bar Code: 7290000696089



Sage & Onion Stuffing Mix

Free from: **Gluten, wheat.**

Ingredients: Brown rice flakes, dried onion (10%), sage (2%), salt, pasturised whole egg powder, mixed herbs (thyme, parsley, marjoram), pepper.

Pack Size: 250g

Case Size: x6

Bar Code: 804345000264



Vegetable Gravy Mix

Free from: **Gluten, wheat.**

Ingredients: Corn starch, swiss vegetable bouillon powder (sea salt, yeast extract, rice flour, vegetables (onions, carrots, celery), palm oil, turmeric, parsley), potato starch, dextrose, onion, cocoa powder, basil, parsley, guar gum, glucono-delta-lactone, sodium bicarbonate, pectin

Pack Size: 250g

Case Size: x6

Bar Code: 804345000448



Pancake & Batter Mix

Free from: **Gluten, wheat**

Ingredients: Corn starch, pasteurised whole egg powder, potato starch, dextrose, guar gum, glucono – delta – lactone, sodium bicarbonate, pectin

Pack Size: 250g

Case Size: x6

Bar Code: 804345000493



Chocolate Muffin Mix

Free from: **Gluten, wheat**

Ingredients: Sugar, corn starch, potato starch, dextrose, cocoa powder 5.5% (cocoa powder, sodium carbonate), potassium hydrogen tartrate, guar gum, glucono – delta – lactone, sodium bicarbonate, pectin

Pack Size: 250g

Case Size: x6

Bar Code: 804345000455



Baking Powder

Free from: Gluten, wheat, milk, egg, soya, nuts

Ingredients: Disodium diphosphate, sodium hydrogen carbonate, calcium sulphate

Pack Size: 100g

Case Size: x6

Bar Code: 8043450000970



Xanthan Gum

Free from: Gluten, wheat, milk, egg, soya, nuts

Ingredients: Xanthan Gum

Pack Size: 80g

Case Size: x6

Bar Code: 804345000738



White Rice Bread

Free from: **Gluten, wheat, egg**

Ingredients: Water, rice flour (36%), potato starch, non-hydrogenated vegetable margarine (palmfat, sunflower oil, water, emulsifier: mono-and diglycerides of fatty acids, acidulants: lemon acid), potato flakes, thickening agent: methylcellulose, yeast, salt, sugar, emulsifier: mono-and diglycerides of fatty acids.

Pack Size: 500g

Case Size: x6

Bar Code: 055685013166



White Rice Pizza Crust

Free from: **Gluten, wheat, egg**

Ingredients: Water, rice flour, potato starch, sunflower oil, potato flakes, thickening agent: hydroxymethyl cellulose, yeast, sugar, salt, **lupin** flour, emulsifier: mono and di-glycerides of fatty acids, acidity regulator: sodium acetate

Pack Size: 150g

Case Size: x6

Bar Code: 055685012893



Brown Rice Bread

Free from: **Gluten, wheat, egg**

Ingredients: Water, rice flour (36%), potato starch, non-hydrogenated vegetable margarine (palmfat, sunflower oil, water, emulsifier: mono-and diglycerides of fatty acids, acidulants: lemon acid), potato flakes, apple fibre (3%), thickening agent: methylcellulose, yeast, salt, sugar, emulsifier: mono-and diglycerides of fatty acids.

Pack Size: 500g

Case Size: x6

Bar Code: 055685013364



Brown Rice Pizza Crust

Free from: **Gluten, wheat, egg**

Ingredients: Water, rice flour, potato starch, sunflower oil, potato flakes, apple fibre, thickening agent: hydroxymethyl cellulose, yeast, sugar, salt, **lupin** flour, emulsifier: mono and di-glycerides of fatty acids, acidity regulator: sodium acetate

Pack Size: 150g

Case Size: x6

Bar Code: 055685012862



Multigrain Rice Bread

Free from: **Gluten, wheat, egg**

Ingredients: Water, rice flour (36%), potato starch, pumpkin seeds (3%), sunflower seeds (3%), non-hydrogenated vegetable margarine (palmfat, sunflower oil, water, emulsifier: mono-and diglycerides of fatty acids, acidulants: lemon acid), potato flakes, apple fibre (3%), flax seeds (2%), thickening agent: hydroxypropyl methylcellulose, yeast, salt, sugar, emulsifier: mono-and diglycerides of fatty acids.

Pack Size: 500g

Case Size: x6

Bar Code: 055685013401



Wholemeal silced bread

Free from: **Gluten, wheat, milk**

Ingredients: Cereal components 60% (whole rice 39%, millet rice 8%, rice flour 5%), water, sweet **lupin** flour, thickener guar gum and xanthan gum, salt, yeast.

Pack Size: 500g

Case Size: x6

Bar Code: 804345000554



Par baked Baguette

Free from: **Gluten, wheat, egg**

Ingredients: Water, maize starch, rice flour, thickeners (guar gum, hydroxypropyl methyl cellulose), buckwheat flour, sunflower oil, raw cane sugar, **lupin** flour, yeast, sea salt, emulsifier (monoglycerides and diglycerides of fatty acids) acidulants (tartaric and citric acid)

Pack Size: 200g

Case Size: x6

Bar Code: 804345000479



Home Fresh Baguettes

Free from: **Gluten, wheat**

Ingredients: Water, maize starch, rice flour, thickening agent: guar gum, sugar, maize flour, yeast, vegetable fat, rice syrup, thickening agent: methylcellulose, native rice starch, **soya** protein isolate, salt, potato starch, prebiotics: potato fibre, inulin

Pack Size: 200g

Case Size: x6

Bar Code: 804345000837



Par baked rolls

Free from: **Gluten, wheat, egg**

Ingredients: Water, maize starch, rice flour, thickeners (guar gum, hydroxypropyl methyl cellulose), buckwheat flour, sunflower oil, raw cane sugar, **lupin** flour, yeast, sea salt, emulsifier (monoglycerides and diglycerides of fatty acids) acidulants (tartaric and citric acids)

Pack Size: 200g

Case Size: x6

Bar Code: 804345000158



Home Fresh Rolls

Free from: **Gluten, wheat**

Ingredients: Water, maize starch, rice flour, thickening agent: guar gum, sugar, maize flour, yeast, vegetable fat, rice syrup, thickening agent: methylcellulose, native rice starch, **soya** protein isolate, salt, potato starch, prebiotics: potato fibre, inulin

Pack Size: 260g

Case Size: x6

Bar Code: 804345000813



Par baked white sliced bread

Free from: **Gluten, wheat, egg**

Ingredients: Water, maize starch, rice flour, thickeners (guar gum, hydroxypropyl methyl cellulose), buckwheat flour, sunflower oil, raw cane sugar, **lupin** flour, yeast, sea salt, emulsifier (monoglycerides and diglycerides of fatty acids) acidulants (tartaric and citric acids)

Pack Size: 300g

Case Size: x6

Bar Code: 804345000486



Home Fresh Country Loaf

Free from: **Gluten, wheat**

Ingredients: Water, rice flour, corn starch, buckwheat flour, glucose-fructose syrup, natural sourdough bread, rice starch, **soya** protein isolate, yeast, vegetable fat, thickeners: guar gum, xanthan gum, hydroxypropyl-methylcellulose; salt, glucose syrup, glucose, sugar, olive oil, vegetable glycerin, fibre: inulin, potato starch, acidity regulator: tartaric acid, emulsifier: mono and diylcerides of fatty acids, flavouring

Pack Size: 250g

Case Size: x5

Bar Code: 804345000820



Waffles

Free From: **Gluten, Wheat**

Ingredients: Sugar,

pasteurised whole **egg**,

vegetable margarine, maize

starch, potato starch, water,

dextrose, thickener: guar gum, **lupin** flour, vanilla sugar,

salt, preservative agent: calcium propionate, Baking

agent: Glucono-delta-lacton, emulsifier: **soya** lecithin

Pack Size: 100g

Case Size: 6

Bar Code: 804345000660



Ginger Cookies

Free from: **Gluten, wheat,**

milk

Ingredients: Margarine (palm oil,

palm stearin, water, coconut oil, rapeseed oil,

lemon juice), sugar, rice flour, potato starch, stem ginger

(ginger, sugar) 5%, maize flour, glucose syrup, rice starch,

raising agents: diphosphates, potassium hydrogen carbonate;

ginger powder (1.5%), dried **egg**, water, stabilisers: xanthan

gum, hydroxypropyl methyl cellulose.

Pack Size: 150g / **Case Size:** x6

Bar Code: 804345000523



Digestive Biscuits

Free from: **Gluten,**

wheat, milk

Ingredients: Maize

starch, sugar, rice flour, margarine (palm

oil, palm stearin, water, coconut oil, rapeseed oil, lemon

juice), potato starch, shortening (palm oil, rapeseed oil),

glucose syrup, rice bran, millet flake, raising agents

(diphosphates, potassium carbonate), dried **egg**, stabiliser

(xanthan gum), salt.

Pack Size: 175g

Case Size: x6

Bar Code: 804345000608



Chocolate Hazelnut Bars

Free from: **Gluten, wheat**

Ingredients: Milk chocolate 40 %

(cocoa: 38 % min.): (sugar, cocoa

butter, whole **milk** powder, cocoa mass,

emulsifier: **soya** lecithin, vanilla extract),

cream wafer: (unhardened vegetable

fat (rape oil, palm oil), sugar, corn flour,

hazelnut (**nuts**) (10 %) potato starch,

corn starch, sweet whey powder (**milk**), emulsifier: **soya**

lecithin, salt, thickener: guar gum, raising agent: ammonium,

antioxidant: ascorbin agent)

Pack Size: 75g

Case Size: x12

Bar Code: 804345000585



Chocolate Tea

Cakes

Free from: **Gluten, wheat**

Ingredients: Biscuit

(33%): Corn starch, margarine,

sugar, potato starch, dextrose,

inulin, **egg**, stabiliser: guar gum, acidity regulator:

glucono-delta-lactone, thickening agent: pectin, raising

agent: sodium bicarbonate. marshmallow (33%): glucose-

fructose syrup, sugar, water, caster sugar, **egg** albumen,

natural marshmallow flavour. Choc flavoured coating

(33%): sugar, vegetable oil (palm kernel, non-hydrogenated);

whey powder (from **milk**), fat reduced cocoa powder,

emulsifier (**soya** lecithin), salt.

Pack Size: 168g

Case Size: x6

Bar Code: 804345000141



Chocolate Wafers

Free from: **Gluten, wheat, egg**

Ingredients: Potato starch, vegetable fat (rapeseed & Palm), sugar, dark chocolate (8%) – (cocoa mass, fructose, cocoa butter, cocoa powder, emulsifier (**soya** lecithin)), corn starch, cocoa powder defatted (4%), soy flour, emulsifier (**soya** lecithin), vegetable fat (palm oil), thickener (guar gum), colour (beta carotene), raising agent (ammonium bicarbonate), antioxidant (ascorbic acid)

Pack Size: 100g

Case Size: x6

Bar Code: 804345000103



Lemon Wafers

Free from: **Gluten, wheat, egg**

Ingredients: Potato starch, vegetable fat (rapeseed & Palm), sugar, corn starch, grape sugar, natural lemon flavor (0.89%), emulsifier: **soya** lecithin, thickener: guar gum, acidifier: citric acid, cocoa powder defatted, colour: Beta Carotene, raising agent: ammonium carbonate, antioxidant: ascorbic acid.

Pack Size: 100g

Case Size: x6

Bar Code: 804345000097



Vanilla Wafers

Free from: **Gluten, wheat, egg**

Ingredients: Potato starch, vegetable fat (rapeseed & Palm), sugar, corn starch, emulsifier: **soya** lecithin, thickener: guar gum, natural vanilla flavor (0.05%), cocoa powder defatted, colour: Beta Carotene, raising agent: ammonium carbonate, antioxidant: ascorbic acid.

Pack Size: 100g

Case Size: x6

Bar Code: 804345000080



Waffle Ice Cream

Cones

Free from: **Gluten, wheat,**

milk, egg

Ingredients: Potato starch, sugar, rice flour, **soya** flour, emulsifier (**soya** lecithin), vegetable oil, raising agent (bicarbonate of soda)

Pack Size: 150g

Case Size: x6

Bar Code: 804345112813



Ice Cream Cones

Free from: **Gluten, wheat, milk, egg**

Ingredients: Rice flour, potato starch, **soya** lecithin, xanthan gum, baking powder

Pack Size: 60g

Case Size: x6

Bar Code: 804345000691



Organic Porridge Flakes

Free from: **Gluten, wheat, milk, egg**
Ingredients: Organic brown rice, organic millet, guar gum
Pack Size: 500g
Case Size: x6
Bar Code: 804345000073



Organic Frosted Cornflakes

Free from: **Gluten, wheat, milk, egg**
Ingredients: Maize* (62%), sugar*, salt, maize starch*, gum arabic, emulsifier (sunflower lecithin)
*of organic produce
Pack Size: 200g
Case Size: x6
Bar Code: 804345000707



Organic Rice Crunchies

Free from: **Gluten, wheat, milk, egg**
Ingredients: Rice* (93%), sugar*, salt
*of organic produce
Pack Size: 200g
Case Size: x6
Bar Code: 804345000417



Organic Chocolate Rice Crunchies

Free from: **Gluten, wheat, milk, egg**
Ingredients: Rice*, sugar*, cocoa powder* 4.1%, salt, glucose syrup*
*of organic produce
Pack Size: 200g
Case Size: x6
Bar Code: / UPC: 804345000257



Chocolate Pillows

Free from: **Gluten, wheat, egg**
Ingredients: Chocolate and hazelnut cream (35%) (sugar, non-hydrogenated vegetable fats, hazelnut paste (**nuts**), lactose (**milk**), cocoa powder, **milk** proteins, skimmed **milk** powder, emulsifier: **soya** lecithin, flavourings), rice flour (27%), cornflour (24%), sugar, cocoa powder (3%), salt
Pack Size: 375g / **Case Size:** x8 / **Bar Code:** 804345000783



Chocolate Cornflakes

Free from: **Gluten, wheat, milk, egg, soya**
Ingredients: Corn (75%), sugar, cocoa powder (3%), salt, vitamins Thiamin (B1), Riboflavin (B2), Niacin, Pantothenic Acid, Vitamin B6, Folic acid (Folacin), Vitamin B12], Iron
Pack Size: 300g
Case Size: x8
Bar Code: 804345000004

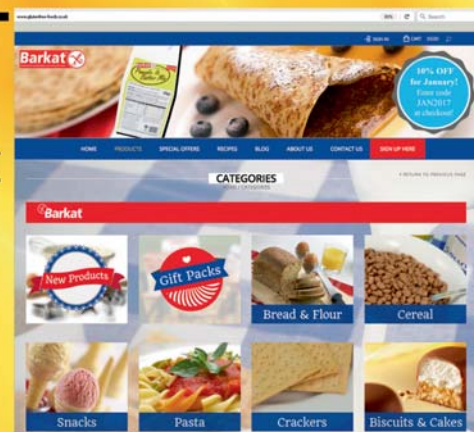


Cornflakes

Free from: **Gluten, wheat, milk, egg, soya**
Ingredients: Corn (94%), sugar, salt, Thiamin (B1), Riboflavin (B2), Niacin, Pantothenic Acid, Vitamin B6, Folic Acid (Folacin), Vitamin B12, Iron
Pack Size: 250g
Case Size: x8
Bar Code: 804345000547



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SCONES

Ingredients:

450g/1lb Barkat Flour Mix,
6 level tsp Barkat Baking powder,
100g/4oz Margarine,
50g/2oz Sugar,
2 Eggs,
150ml/5fl oz Water,
100g/4oz Sultanas (optional),
Pinch of salt

Method:

1. Mix the Barkat Flour Mix, baking powder and salt together and rub in the margarine until mix resembles fine bread crumbs.
2. Add sugar and mix to soft dough with egg and water.
3. Add sultanas if required.
4. Turn onto a lightly dusted work surface (with Barkat Flour Mix) and roll out to approximately 1/2 inch thick.
5. Using a 2 inch cutter, cut scones out of dough and place on a greased baking tray.
6. Brush top of scones with beaten egg and bake near the top of the oven at 450F, 220C or Gas mark 8, for 10-12 minutes.

APPLE PIE

Ingredients:

Follow the pastry recipe above,
450g/1lb Cooking Apples,
50-75g/ 2-3 oz Caster Sugar

Method:

1. For pastry, follow the recipe above.
2. Divide the dough into two pieces to line the bottom of a greased pie dish.
3. Peel, core and chop apples and place in pie dish. Sprinkle with sugar to taste.
4. Roll out pastry to fit top of dish. Moisten edge of base pastry and place top pastry onto dish. Flute edge and trim.
5. Out of the trimmings, make four leaves and add to centre of pie as decoration. Make two holes in pastry to allow steam to escape.
6. Bake in oven set at Gas Mark 4, 350F or 180C for 40-45 minutes.

VICTORIA SANDWICH

Ingredients:

100g/4oz Barkat Flour Mix, Barkat Baking Powder, 100g/4oz Margarine or Butter, 100g/4oz Caster Sugar, 2 Eggs (lightly beaten), 1/2 tbsp Jam, Icing Sugar, to Dust

Method:

1. Grease two 10cm/7 inch sandwich tins.
2. Sieve together Barkat Flour Mix and Barkat Baking Powder.
3. In a separate bowl cream the margarine and sugar until light and fluffy.
4. Gradually beat in the eggs adding a little of the Barkat Flour Mix each time to prevent curdling.
5. Fold in the remaining Barkat Flour Mix.
6. Divide the mixture between two tins and level the tops.
7. Bake in a preheated oven at 180C/350F or Gas Mark 4 for 20-25minutes or until the cakes are springy, firm to touch and golden in colour.
8. Turn out and cool on a wire rack.
9. When cold, sandwich the two cakes together with the jam and dust with the icing sugar.

BREAD

Ingredients:

500g **Barkat Bread Mix**,
400ml Tepid Water

Method:

1. Pre-heat the oven to 180°C/350°F, Gas Mark 4.
2. Place all 500g of Barkat bread mix into a mixing bowl and add water.
3. Beat slowly at first using an electric mixer or by hand; first slowly and then at a moderate speed until a smooth dough is obtained.
4. Divide the dough into either two greased 1lb loaf tins or one 2lb loaf tin.
5. Bake in a pre-heated oven for approximately 40 minutes.

BREAD IN A BREAD MAKER

Ingredients:

7g of Dry Yeast or 25g of Fresh Yeast,
500ml Tepid Water,
2 tbsp of Vegetable or Sunflower Oil,
450g/1lb Barkat Flour Mix,
2 Pinches of Salt

Method:

1. Dissolve the yeast in 500ml of tepid water.
2. Fill the baking tin with the water and yeast, then add the oil.
3. Mix in the 450g/1lb of Barkat Flour Mix.
4. Sprinkle the salt over the mix.
5. Fast bake by following the bread maker instructions.

DOUBLE CHOCOLATE MUFFINS

Ingredients:

175g/6oz **Barkat Bread Mix**,
50g/2oz Cocoa Powder,
100g/4oz Soft Margarine,
100g/4oz of Castor Sugar,
4 Eggs (size 3),
50g/2oz Chocolate Chips

Method:

1. Pre-heat oven to 180°C/350°F, Gas Mark 4.
2. Mix all the ingredients together for 2 minutes.
3. Divide the mixture into muffin cases (should make 10 muffins).
4. Bake for approx 20 minutes

YORKSHIRE PUDDING

Ingredients:

100g/4oz **Barkat Bread Mix**,
8 tablespoons Milk,
Pinch of Salt,
2 tablespoons Water,
1/2 teaspoon Gluten Free, Barkat Baking Powder,
2 Eggs (size 3)

Method:

1. Pre-heat oven to 180°C/350°F, Gas Mark 4.
2. Place all the ingredients into a mixing bowl. Mix well and spoon into a bun tin.
3. Bake on top shelf of oven for 20minutes.

Gluten Free Foods Product Range

Product	Gluten & Wheat Free	Milk Free	Egg Free	Soya Free	Peanut Free	Nut Free
Cereal						
Organic Porridge Flakes	✓	✓	✓	T	✓	T
Organic Rice Crunchies	✓	✓	✓	T	✓	T
Organic Chocolate Rice Crunchies	✓	✓	✓	T	✓	T
Organic Frosted Cornflakes	✓	✓	✓	T	✓	T
Cornflakes (non-organic)	✓	✓	✓	✓	T	T
Chocolate Cornflakes	✓	✓	✓	✓	T	T
Chocolate Pillows	✓	✗	✓	✗	T	✗

Bread, Rolls and Pizza

White Rice Sliced Bread	✓	T	✓	T	T	T
Brown Rice Sliced Bread	✓	T	✓	T	T	T
Multigrain Sliced Bread	✓	T	✓	T	T	T
White Rice Pizza Crust	✓	T	✓	T	T	T
Brown Rice Pizza Crust	✓	T	✓	T	T	T
Home Fresh Rolls (6 per pack)	✓	T	T	✗	✓	T
Home Fresh Baguettes	✓	T	T	✗	✓	T
Home Fresh Country Loaf	✓	T	T	✗	✓	T
Wholemeal Sliced Bread	✓	✓	T	T	✓	T
Par-Baked Baguettes	✓	T	✓	T	T	T
Par-Baked Rolls (2 per pack)	✓	T	✓	T	T	T
Par-Baked White Sliced	✓	T	✓	T	T	T

Crackers, Crispbread and Savoury Snacks

Round "Matzo" Crackers	✓	✓	✓	✗	✓	✓
Crackers	✓	✓	T	✗	✓	T
Crispbread	✓	✓	✓	✓	✓	✓
Pretzels	✓	✓	T	✗	✓	T
Pretzel Sticks	✓	✓	T	✗	✓	T

T= May contain traces (allergen is not an ingredient but may be used elsewhere in the factory). Details correct at time of press May 2016.

For full nutritional information visit www.glutenfree-foods.co.uk

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Product	Gluten & Wheat Free	Milk Free	Egg Free	Soya Free	Peanut Free	Nut Free
Pasta						
Animal Shapes Pasta	✓	✓	✓	✓	✓	✓
Alphabet Shapes Pasta	✓	✓	✓	✓	✓	✓
Macaroni	✓	✓	✓	✓	✓	✓
Short Cut Tagliatelli	✓	✓	✓	✓	✓	✓
Spaghetti	✓	✓	✓	✓	✓	✓
Spirals	✓	✓	✓	✓	✓	✓
Shells	✓	✓	✓	✓	✓	✓
Buckwheat Pasta Penne	✓	T	T	T	✓	T
Buckwheat Pasta Spirals	✓	T	T	T	✓	T
Lasagne <small>NEW</small>	✓	✓	✓	T	✓	✓
Gnocchi <small>NEW</small>	✓	✓	T	✓	✓	✓
Mac and Cheese Ready Meal <small>NEW</small>	✓	✗	T	T	T	T

Biscuits and Sweet Snacks

Digestive Biscuits	✓	✓	✗	T	T	T
Ginger Cookies	✓	✓	✗	T	T	T
Lemon Cream Filled Wafers	✓	T	✓	✗	✓	T
Chocolate Cream Filled Wafers	✓	T	✓	✗	✓	T
Vanilla Cream Filled Wafers	✓	T	✓	✗	✓	T
Ice Cream Cones	✓	✓	✓	✗	✓	✓
Waffle Ice Cream Cones	✓	✓	✓	✗	T	T
Chocolate Marshmallow Teacakes	✓	✗	✗	✗	T	T
Waffles	✓	T	✗	✗	T	T
Chocolate Hazelnut Bar	✓	✗	T	✗	✓	✗

Flour and Mixes

All Purpose Flour Mix	✓	✗	T	T	✓	T
Bread Mix	✓	✓	✗	✓	T	T
Baking Powder	✓	✓	✓	✓	✓	✓
Xanthan Gum <small>NEW</small>	✓	✓	✓	✓	✓	✓
Chocolate Muffin Mix	✓	T	T	T	✓	T
Pancake and Batter Mix	✓	T	✗	T	✓	T
Vegetable Gravy Mix	✓	T	T	T	✓	T
Sage and Onion Stuffing Mix	✓	T	✗	T	✓	T