



What's On:

LIVWELL PITTA BREAD SPECIAL

2 FOR \$15.00

(normally \$12.50 EACH)



* Pitta Bread only, while stocks last!

Gluten Free

Christmas stock

IN STORE NOW!

Many items including:

*Christmas Puddings

*Mini puddings

*Christmas fruit cakes

* Christmas iced muffins

* Fruit mince tarts

*Fruit mince pies

*Christmas shortbread

*Christmas biscuits

*Gingerbread houses

* Stoller cake

*Christmas confectionery

*Christmas gift packs

Club Newsletter

SPRING / SUMMER 2010

Hello to our GFF Customer Club members and welcome to our newsletter for Spring/Summer 2010! We have lots of new products, Christmas stock & a Livewell pitta bread special for you in this edition. The warmer weather is bringing many visitors to the beautiful Mornington Peninsula and we have been lucky enough to meet lots of friendly new faces in store. Mornington is a wonderful place for dining with many cafes and restaurants catering for gluten –free. If you would like some suggestions as to where you can go out for a meal, please ask one of our helpful staff for our 'Where to Eat' guide for Mornington and surrounding areas.

In this edition we have also included another of Jill's recipes– this time it's her daughters' favourite cheesecake dessert! This one is a popular family request for summer BBQ's and birthdays, we hope you enjoy it. We do!

Check out our back page for the latest products in 'What's new?' and also what is coming in as part of our seasonal Christmas range. We have a massive range of gluten free Christmas goodies to cater for everyone's dietary requirements, including dairy free, egg free and more. Please ask our friendly team when in-store should you require assistance selecting a product to suit your needs. Stay tuned for a special Christmas Edition newsletter in December! Until then, take care & we hope to see you soon!

- Jill & the girls at Gluten Free Foods Mornington



'Berry Delicious' White Chocolate Cheesecake

This gorgeous gluten free cheesecake is certain to be a winner for your summer entertaining! Highlighted ingredients are available at GFF.



Ingredients:

- 1 packet of **Eskal Tea Biscuits**
- 70g **Lotus almond meal**
- 80g **Best Field Rice Bran Oil Spread** (no cholesterol)
- 500g White chocolate (chopped) or 'Nestle Melts'
- 250ml (1 cup) cream
- 500g Philadelphia cream cheese (softened & chopped)
- 125g (1/2 cup) caster sugar
- 200g fresh or frozen berries (fresh is best) such as raspberries, blueberries, strawberries or blackberries

Method:

1. Lightly grease & line 20cm (8") springform tin (or you can use foil)
2. Process Tea Biscuits & almond meal until finely crushed.
3. Transfer mixture to a bowl & stir in rice bran oil spread.
4. Press mixture into base of tin & refrigerate for at least 30 minutes.
5. Place white chocolate & cream into a pan and cook, stirring, for 5 minutes over a low heat or until chocolate has melted & mixture is smooth.
6. Remove from heat & set aside to cool slightly.
7. Beat the cream cheese & sugar until light and fluffy. Fold through the white chocolate mixture.
8. Pour final mixture into the tin & chill overnight or until firm.
9. Top with seasonal fresh berries of your choice or frozen if unavailable.



What's New? (all gluten free)

Breakfast & Biscuits

WBC Bircher Muesli 500g \$13.50, 1kg \$23.50

Leda Golden Crunch– GF, WF, DF, Vegan, Egg free & No added Yeast 250g \$4.50

Eskal Tea Biscuits- Coffee Flavour– GF 200g \$4.50

Kez's Cranberry Choc crisp with Chia– GF, DF 135g \$7.20

Gluten Free Gourmet– Mini Master Chef Dottie Cookies Baking set Gift Pack (includes ingredients & cookie cutter) \$12.00

**NOW AVAILABLE
THE BEST,
THE BOLDEST,**

BIRCHER



Drinks & Condiments

Isola Bio– Cocoa Rice Dessert 500ml \$4.00

Soymilke– Lactose free soy condensed milk 320g \$5.75

Isola Bio– Natural Rice Drink 1 litre \$3.30

Phoenix Chai Concentrate 500ml \$12.00

Mr Rix Maple Dessert Syrup 250ml \$4.50

S & W 100% Pure Canadian Maple Syrup 250ml \$9.95

Eskal Deli- Spicy & Chunky Roasted Pepper tapenade 290g \$3.00

Eskal Deli– Roasted Peppetizer Pinjur 290g \$3.00

Plumrose Chicken Deli'sh– available in Pesto Pinenut, Cajun, Springwater & sea salt 85g \$2.50 ea



Baking Mixes

Simply Wize Crusty Bread Mix- GF, Fructose Friendly 330g \$6.40

Simply Wize French Stick Mix– GF, Fructose Friendly 330g \$6.40

Vitarium Crumpet Mix– GF, WF,DF, Soy Free, Nut Free 458g \$7.50



GF Vegetarian Alternatives

Sweet Chilli Tofu Nuggets 350g \$5.60

Blue Lotus- Organic tofu 250g \$3.80

VBK- Sweet Potato Gluten Free & Onion Free burgers (4pk) \$11.50

Gluten Free Bakery Spring Rolls- Vegetable– WF, GF, DF, Corn Free, Soy Free, Egg Free, Nut free 280g \$9.50

Cook Books & DVD's

Wheat & Gluten Free– Bake It/Christmas by Jody Vassallo \$9.95

Wheat & Gluten Free– Breakfast/Lunch/Snacks by Jody Vassallo \$9.95

Wheat & Gluten Free– Dinner/Desserts/Celebrate by Jody Vassallo \$9.95

DVD Healthy Food for Life– easy to cook recipes wheat & gluten free– by Jody Vassallo \$6.95

Christmas Gift Pack—3 Jody Vassallo books & bonus free DVD- \$29.95

Gluten Free Christmas Goodies (stay tuned for our bumper Christmas edition newsletter!)

Zehnder– Stoller (German Christmas Cake) 700g \$11.50, GF Christmas Puddings 4 x 85g \$11.50

Just Yummy– Plum Puddings GF, WF, DF, Egg Free– 500g \$16.50, 1 Kg \$33.00

Grandma's Traditional Puddings– GF—500g \$25.00, 1 kg \$40.00

GFG Christmas Pudding 125g \$6.00, 500g \$12.95, 900g \$18.50

Vitality Christmas Pudding 2pk 280g– WF, DF, GF, Nut free \$8.75

Silly Yaks Individual Christmas Pudding—GF, DF \$7.95

Assorted Christmas Cakes by Gluten Free Gourmet & Just Yummy

Fruit Mince Tarts & Pies from \$2.70 Just Yummy, Gluten Free Gourmet, Gluten Free Bakery, Silly Yaks, Baker's Collection

Gingerbread houses, Christmas Shortbreads, Christmas confectionery– candy canes, Santa candy canes & more!

