



## Easter Products

### Pink Lady Foil & Bow Egg



250g– Milk or D/F dark choc

### Pink Lady Sitting Rabbit



125g– White or Milk choc

### Pink Lady Easter Bilby



75g– D/F dark choc or Milk choc

### Pink Lady Hunting eggs (20 pk) Milk choc or Dark d/f choc



Pink Lady individual foil wrapped eggs– 75g, 125g and 190g, Milk or D/F Dark chocolate

Pink Lady Rainbow foil multipack eggs (8) 120g Milk or D/F Dark chocolate

See back page for more items!

# Club Newsletter

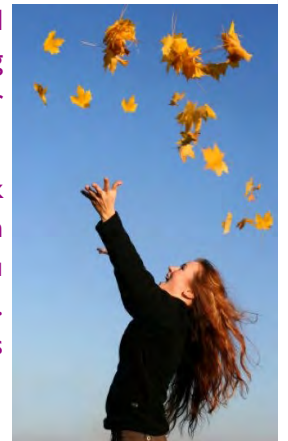
AUTUMN 2011

Welcome to our Autumn edition of our Gluten Free Foods club newsletter! Autumn seems to have come around quickly this year, due to the very mild summer we experienced. Nevertheless, the Mornington Peninsula is a beautiful place to visit at any time of the year, so we look forward to meeting many new & familiar customers who come down to holiday here over the Easter break.

Speaking of Easter, in this newsletter issue Jill has shared her quick and easy gluten free rocky road recipe—including a dairy free version too! We also have a heap of new products arriving to help you celebrate Easter– from hot cross buns to chocolate eggs and more. We have something for every intolerance this Easter so nobody has to miss out! Please turn to our back page to find out more.

We hope you enjoy this issue & hope to see you soon!

-Jill & the girls at GFF Mornington



## Mum's 10 minute Easy Easter Rocky Road -4 ingredients!

A super fast treat for all the family to enjoy. Perfect for Easter! Includes a dairy free version. Highlighted ingredients are available at Gluten Free Foods.



### Ingredients:

- 1 packet (125g) Sweetmans mini mallows- assorted flavours
- 600g Nestle chocolate melts (white, milk or dark variety)
- 1 tablespoon of vegetable oil
- 1 & 1/2 cups small soft fruit jellies– e.g. Gluten Free Foods Gummy Bears

### Dairy Free recipe ingredients:

- 1 packet (125g) Sweetmans mini mallows- assorted flavours (or chopped pink & white)
- 600g Tropical Source d/f chocolate chips (283g = 1 bag) OR 600g Sweet William dairy free, nut free low G.I. cooking buttons or chips (500g bag available in plain or white choc)
- 1 tablespoon of vegetable oil
- 1 & 1/2 cups Sue Shepherd's Irresistible lolly range- cut into smaller pieces

### Method:

1. Place the chocolate & oil in a heatproof bowl over a saucepan of simmering water
  2. Stir mixture until melted & smooth
  3. Place the marshmallows and jellies in another bowl and add the melted chocolate mixture. Mix well
  4. Spoon mixture into a lightly greased 20cm x 30cm tin lined with non-stick baking paper \*
  5. Refrigerate for 1 hour or until set
  6. Cut into squares & serve. Makes 30 slices
- \* chef's note– the Tupperware® TupperChef slice form is amazing, no greasing or lining– just tip out onto a board and cut!



# Super Catalogue Specials

## Coeliac Awareness Week March 13th– 20th 2011 | FREE BACKPACK Promotion

Purchase any 2 products from the 'Good Health range'- any Piranha chips, Old Time Bakery Wraps or Old Time Bakery Pizza Bases and receive a free shopping bag backpack! While stocks last.

### ARTISSE ORGANIC FOOD BARS– ALL \$1.95! SAVE

**55c!** Hurry before they sell out! Cranberry, Seed Delight, All About Nuts 40g– Gluten, Wheat & Dairy Free, Vegan, Low G.I.

Almond Nougat 40g- Gluten, Wheat & Dairy Free.



## What's New? (all gluten free)

### Yes You Can– New Pre Mix Baking Range! All Gluten, Wheat and Yeast Free. Some are additionally Dairy & Nut free.

- Chocolate Mud cake Mix with ganache 600g **\$5.80**
- Vanilla Cupcake Mix sprinkles & icing 470g **\$4.70- Dairy Free**
- Banana Bread Mix with real banana 450g **\$5.40**
- Multigrain Bread Mix 400g **\$4.30**
- Buttermilk Pancake Shake 300g **\$3.75– Nut Free**
- Buckwheat Pancake Shake 280g **\$3.95—Dairy Free, Lactose Free, Nut Free**



### SensaSlim solution– Nothing tastes as good as slim feels– 50ml **\$59.95**

Intra oral spray– appetite suppressant. As seen on Channel 7's Today Tonight

### Norganic– Organic Corn flakes with Blueberries 300g **\$7.25**

### Eska! Waffle Bowls (8pk) 80g dairy free- **\$4.25**

### Mission– Regular Taco Shells (12pk) 168g—**\$3.85**, White Corn Tortillas (12pk) 312g **\$4.20**

### Passage to Morocco– Spiced Honey Lamb sauce 375g- **\$4.50**

### Mamee Corn Kiks– Cheese Zing 70g (like twisties) **\$2.80**

### Free From range– also available: Bourbon biscuits 150g \$4.75, Custard Creams \$4.80, Jammy Wheels 125g \$4.80

- Digestive biscuits– GF, WF, Milk free 175g (12) **\$4.20**
- Choc Chip cookies– GF, WF, Milk free 150g (9) **\$2.00**



Like 'Twisties!' only GF!



### Gluten Free Bakery Savoury Puff & Sweet Pastry sheets 750g (4) **\$9.50** WF, DF, Yeast Free, Soy free, Corn, Egg & Nut free

**VITALITY BAKEHOUSE COOKIES ARE BACK! 4 Flavours- All Gluten, Wheat, Egg & Soy free.**

## Easter Products

### Gluten Free Bakery Hot X Buns– Fruit (6) 490g GF, WF, Dairy Free, Yeast Free, Nut free **\$8.95**

Chocolate (6) 500g GF, WF, Dairy Free, Yeast Free, Nut free **\$8.95**

### Vitality Hot Cross Buns (6) 720g GF, WF, Nut Free, Dairy Free, Egg Free, No added fructose **\$9.25**

### Livwell Hot Cross Buns (4) 280g GF, WF, Milk free **\$9.25**

### Gluten Free Gourmet Hot X Buns (6) 360g WF, GF, Dairy free **\$8.50**

### Pink Lady Individual Milk chocolate or Dairy free dark chocolate foil Easter eggs: 75g, 125g, 190g & 250g

### Pink Lady Sitting Rabbit in White & Milk Chocolate 125g, Pink Lady Easter Bilby Dark or Milk Chocolate 75g

### Pink Lady chocolate mini hunting eggs 20pk in Milk or Dairy Free, Pink Lady Rainbow foil (milk or dark) multipack (8) 120g

### Sweet William Easter Multipack– 15 bunnies 200g **\$6.70**, Sweet William 'Sweet As' no added sugar multipack (10)- **\$6.20**

### Sweet William Rice Crackle wrapped bunny (1) 75g **\$4.35** All Sweet William products Nut free, Dairy Free & G.F.

### Sweetmans Marshmallow Eggs 120g (wrapped) **\$2.95**, Sweetmans Wicked Fizz Bubble Gum eggs 4 pk 96g **\$2.95**

### Candlelight Confectionery Premium Belgian Choc Dairy Free foil wrapped individual Easter eggs 90g **\$5.50**, 150g **\$8.95**

