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 A Happy &
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*from the Management &
 Staff at Gluten Free Foods*

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FEATURED RECIPE - MINCE PIES

INGREDIENTS	METHOD
150g/6oz Glutano Flour Mix 75g/3oz Margarine 25g/1oz Sugar 1 Egg 2 or 3 Tablespoons of water 1 jar Gluten Free Mincemeat Oven Temperature 200c, 40of, Gas Mark 6	1. Rub margarine into Glutano Flour mix until mix resembles fine breadcrumbs. 2. Stir in sugar, add egg and enough water to form a dough. 3. Knead the dough until it leaves the bowl clean. Roll pastry out to about quarter inch thick. 4. Cut Out discs. 5. Put 1 teaspoon of mincemeat into each disc. 6. Gather scraps of pastry together and knead again. Roll pastry out and cut out the tops and place on pies 7. Bake for 20 mins Delicious served warm, sprinkled with icing or casting sugar.

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Thank you,
Richard Ward
Managing Director

Adding variety to a gluten free and wheat free diet

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