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October 2023 Newsletter –
Halloween Special

- Well, it's been sometime since we last

published a newsletter, but we are back, after some changes. But hopefully there will be something of interest for everyone in this issue.

- News on NHS Scotland's new online ordering service.



- New "Glebe Farm" Flours added to our range.

- Keep your eyes peeled for a new Twitter "X" Halloween Giveaway coming soon.



It's been a little time since we last wrote to you all, so apologies for this. There has been so much turmoil in the world, everyone had to change the way they worked and priorities changed accordingly. But in that time, we have had a few changes and added some new products to our range.

What with Brexit and lockdowns we've had our fair share of traumas since we last wrote to you, and whilst the corona virus threat has subsided, the challenges we are facing since then are by no means small. Our weekly food shop and energy bills have meant that being creative with menus and home baking have become even more important. As a business we have seen vast increases in prices of raw materials and running costs, but we still try to price products as competitively as we can to help our customers.

We also had two members of the team, Keeley and Fatima, move on to pastures new. We wish them both the best whilst also welcoming Laura to the team. This has meant we have been unable to produce any videos for our social media feeds, but our lovely recipe videos are still available to view on: TikTok, Facebook, Instagram and Twitter.

Like you, we were distraught when the English arm of the ACBS body decided to remove prescription approval for any product which had only one ingredient, as patients and customer liked the option to buy individual GF ingredients to enable them to produce their own unique

blends or follow recipes for other countries which included simple flours and starches. However, we still pack them off in our dedicated gluten-free facility and they will continue to be available at very competitive prices. Did you know that if you have room in your freezer and are worried about not using all the flour before it expires, you can always bag it off in recipe sized packs and pop them in the freezer? Just make sure you bring them back to room temperature before you bake them in your favourite recipe. This is especially useful for the teff flours and grain, because they are more expensive.



You may have also noticed since the last time we wrote, that we have

introduced two new blends to our portfolio, plain and a self-raising flour. Both flours are exact replicas of the products that were produced by Glebe Farm, but were discontinued, to allow them to focus on their GF Oat products.

Many of their customers were disappointed and as we have worked with one another in the past, they decided to pass the recipes over to us to enable bakers to continue to use them. This was especially useful for commercial bakers who already had packaging printed with the ingredients and nutritional information and which had been approved by their customers, so it saved them wasting all their packaging and the trouble of test baking new blends. We are always very appreciative of the businesses who buy in bulk for their cafe's, bakeries, restaurants and production plants and that's the reason for added these sack sizes to the e-commerce shop, in case you home bakers are wondering who needs so much flour?





Click the images

below, to find out more information.



Hopefully you will have seen the announcement that our Scottish customers are now able to order via a new online system, and others are simply getting money to spend on their favourite products.

The Gluten-free Food Service is a voluntary service for people who need to eat gluten-free foods as part of their care. This service is available through all community pharmacies. All gluten-free foods are provided free-of-charge as part of your prescription.

For more information on this new service log on to www.scotlandglutenfree.org.uk or pop into your local Scottish

pharmacy.



It has also been 12 months since we last did a twitter giveaway. So, keep your eyes peeled for some ghoulish treats, as we will soon be launching our Twitter "X" competition. All you need to do to enter, is follow us and retweet the prize post. If you don't already follow us, why not?

Do it now at www.twitter.com/purenogluten



HAPPY HALLOWEEN



Word Search

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|---------------|--------------|-------------|
| haunted house | frankenstein | decorations |
| costume | skeleton | vampire |
| spider | party | bat |
| candy | witch | mask |

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Any plans for a Halloween Party? Why not have a go at this devilishly easy recipe for Spiced Apple Muffins and add your own spooky icing or decorations to the top. The recipe makes 12, enough to share. Or just keep them all for yourself.

<https://www.pureglutenfree.co.uk/recipe/apple-spice-muffins/>

Please share your recipe successes with us, and feedback is added to the "our Fans" section on the website - the latest was from one of our suppliers who mentioned he'd tried to cook a Gf pizza in his new Ooni oven but it didn't work very well and kept breaking up (that's the problem when you remove the gluten) when he tried our Italian pizza base it worked beautifully, was easy to make, handled well without tearing and his coeliac friend adored it!

We hope by now you are thinking of making your Christmas cake (so that you can feed it liberally before the big day!) By clicking the link below, you can find our delicious Rich Fruit Cake recipe, perfect for any Christmas table. <https://www.pureglutenfree.co.uk/recipe/rich-fruit-cake/>



I well

recall when East Sussex trust decided to delist Teff flour when we had only just gained ACBS approval, no amount of persuasion would make them reverse their decision until I sent them a wedge of GF Teff Christmas cake, and they were so impressed by it, they decided to return teff flour to the prescription list-Result!

Many thanks as always and happy baking, from Sue, Alan and Laura.

If you need any help with your baking or any other information our products call us on 01706 746 713, we are always happy to talk.