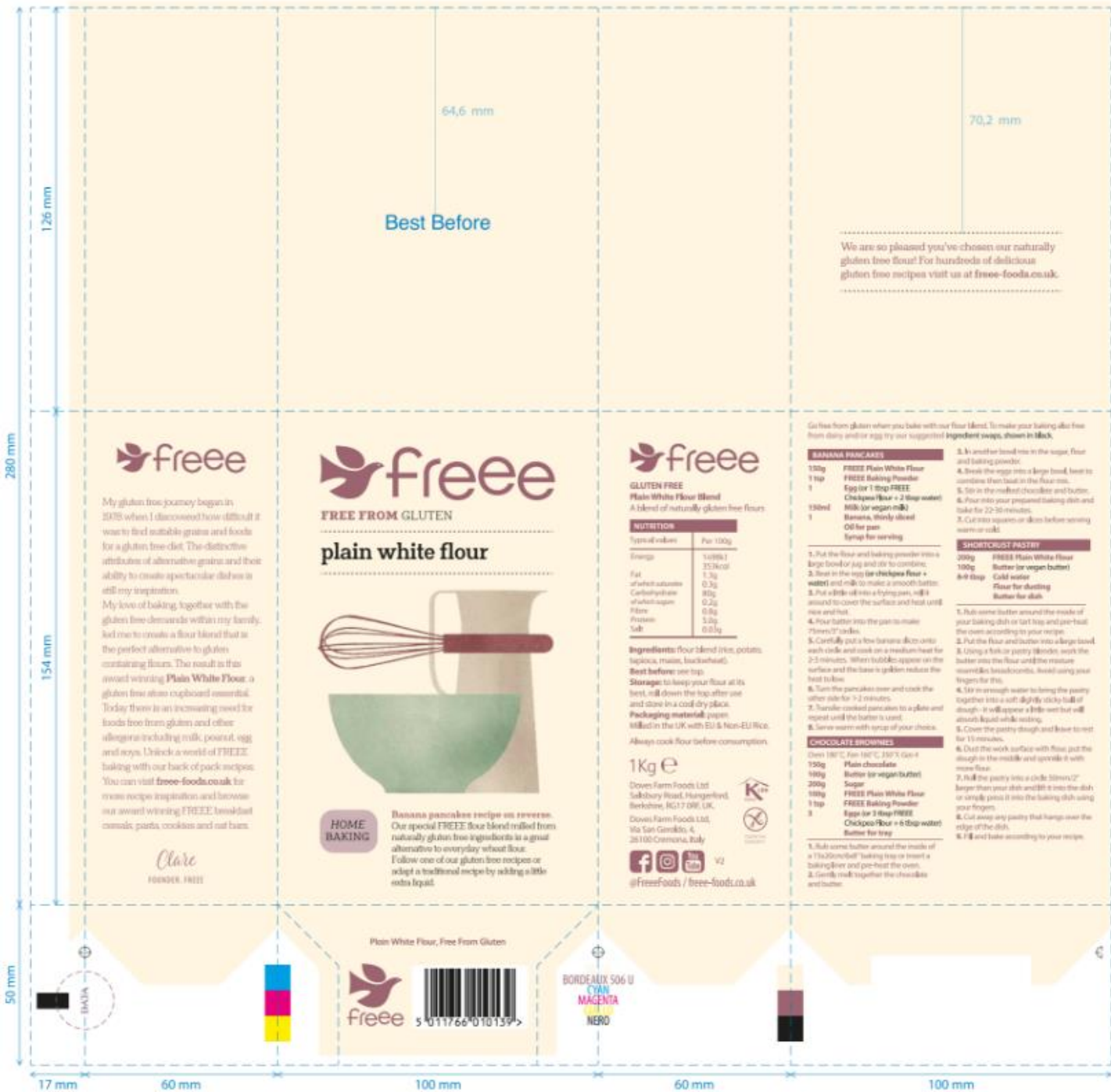




Best Before

70,2 mm

We are so pleased you've chosen our naturally gluten free flour! For hundreds of delicious gluten free recipes visit us at freee-foods.co.uk.



My gluten free journey began in 2008 when I discovered how difficult it was to find suitable grains and foods for a gluten free diet. The distinctive attributes of alternative grains and their ability to create spectacular dishes is still my inspiration.

My love of baking, together with the gluten free demands within my family, led me to create a flour blend that is the perfect alternative to gluten containing flours. The result is this award winning Plain White Flour, a gluten free all-in-one cupboard essential. Today there is an increasing need for foods free from gluten and other allergens including milk, peanut, egg and soya. Unlike a world of FREEE baking with our back of pack recipes. You can visit freee-foods.co.uk for more recipe inspiration and become our award winning FREEE breakfast cereals, pasta, cookies and nut bars.

Clare
FOUNDER, FREEE



FREE FROM GLUTEN

plain white flour



HOME
BAKING

Banana pancakes recipe on reverse. Our special FREEE flour blend milled from naturally gluten free ingredients is a great alternative to everyday wheat flour. Follow one of our gluten free recipes or adapt a traditional recipe by adding a little extra liquid.



GLUTEN FREE
Plain White Flour Blend
A blend of naturally gluten free flours

NUTRITION	
Typical values	Per 100g
Energy	1109kJ
	259kcal
Fat	1.3g
of which saturates	0.3g
Carbohydrate	80%
of which sugars	0.2g
Fibre	0.8g
Protein	5.0g
Salt	0.03g

Ingredients: flour blend (rice, potato, tapioca, maize, buckwheat).

Best before: see top.

Storage: to keep your flour at its best, mill down the top after use and store in a cool dry place.

Packaging material: paper, inked in the UK with EU & Non-EU Rec.

Always cook flour before consumption.

1Kg e

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Berkeley, RG17 0PW, UK.
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Via San Geronimo, 4,
28100 Cremona, Italy

f i y v2
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Go free from gluten when you bake with our flour blend. To make your baking also free from dairy and/or egg try our suggested ingredient swaps, shown in black.

BANANA PANCAKES

150g FREEE Plain White Flour
1 FREEE Baking Powder
1 Egg (or 1 tsp FREEE Chickpea Flour + 2 tbsp water)
100g Milk (or vegan milk)
1 Banana, thinly sliced
Oil for pan
Syrup for serving

1. Put the flour and baking powder into a large bowl or jug and stir to combine.
2. Beat the egg into a large bowl, beat to combine then beat in the flour mix.
3. Stir in the melted chocolate and butter.
4. Pour into your prepared baking dish and bake for 22-26 minutes.
5. Cut into squares or slices before serving warm or cold.

3. In another bowl mix in the sugar, flour and baking powder.
4. Beat the egg into a large bowl, beat to combine then beat in the flour mix.
5. Stir in the melted chocolate and butter.
6. Pour into your prepared baking dish and bake for 22-26 minutes.
7. Cut into squares or slices before serving warm or cold.

SHORTCRUST PASTRY
200g FREEE Plain White Flour
100g Butter (or vegan butter)
4-6 tbsp Cold water
Flour for dusting
Butter for dish

1. Rub some butter around the inside of your baking dish or tart tin and pre-heat the oven according to your recipe.
2. Put the flour and butter into a large bowl.
3. Using a fork or pastry blender, work the butter into the flour until the mixture resembles breadcrumbs. Avoid using your fingers for this.
4. Stir in enough water to bring the pastry together into a soft, slightly sticky ball of dough. It will appear a little wet but will absorb liquid while resting.
5. Cover the pastry dough and leave to rest for 15 minutes.
6. Dust the work surface with flour, put the dough in the middle and spread it with more flour.
7. Roll the pastry into a circle 30cm/12" larger than your dish and lift it into the dish or simply press it into the baking dish using your fingers.
8. Cut away any pastry that hangs over the edge of the dish.
9. Fill and bake according to your recipe.

CHOCOLATE SHOWNINES
Oven 180°C, Fan 160°C, 350°F, Gas 4
100g Plain chocolate
100g Butter (or vegan butter)
200g Sugar
100g FREEE Plain White Flour
1 tsp FREEE Baking Powder
3 Eggs (or 3 tsp FREEE Chickpea Flour + 6 tbsp water)
Butter for tray

1. Rub some butter around the inside of a 15x25cm/6x10" baking tray or insert a baking liner and pre-heat the oven.
2. Gently melt together the chocolate and butter.

Plain White Flour, Free From Gluten



BORDEAUX 506 U
CYAN
MAGENTA
NERO