

The Latest Hullabaloo

Hullabaloo Food "We put in less ... so that you can have more." NEWSLETTER 29 JUNE 2010

Hi all,

Jemima has been planning her 5th birthday party since February. Starting Kindergarten meant that she suddenly realised that there is more to birthday parties than Grandparents and Neighbours!

She suddenly discovered that it was 'de rigueur' to invite the whole class, to a themed event, with activities, take home treats and lots of party food.

I know that I am not alone. The demands for more guests, more food and more activities has most busy parents disembowelling their wallets at the nearest Theme Park; but of course with that easy solution comes the appalling standard party fare.



Mima guarding the Allergy Aware Vanilla Bar Cake.

This is where Melanie Avery, a mum who has been there before, comes to the rescue.

In her book Lets Party! Additive Free she shows you how to organise, manage, and cater for a fun-filled additive-free party.

Cheers,

Jane

IN THIS ISSUE

Introducing Puff
A fantastic new gluten-replacement self-raising solution.

Let's Party Additive Free
The perfect party book from
Melanie Avery.

More AA Recipes

Go to the
Hullabaloo Food
online store.

PS: [Jam and Chutney Sale.](#)
[Enter code JAM to receive 20% off all jams and chutneys.](#)

PUFF Not quite a dragon, but definitely magic!

Puff is the combined self-raising and gluten-replacement additive from Hullabaloo Food that helps you turn your gluten free flours and starches into wheat style self-raising flour.

This concentrated packet will puff and stick 24 cups of GF flour, that's about 3.6kgs. Just add 2 teaspoons (8g) of Puff for every cup of flour (150g). Sift well and ready, set, cook!

[Go directly to the Puff Product Page.](#)



Vanilla Bar Cake.

Blend in mixing bowl:

120g Fine Rice Flour (200ml),

30g Tapioca Starch (50ml),

2 tsp Hullabaloo Puff,

90g sugar (100mls).

In microwave proof jug melt:

90g fat (butter, DF marg)

Then add;

1/3 cup cold water

1 tsp vanilla essence.

4 drops Natural orange colour.

Pour over dry ingredients and mix together until smooth.

Pour into small cake tin and bake at 170C for 30 minutes and until just firm to touch. Leave to cool before cutting or icing.

Ginger Nut Biscuits.

This type of biscuit is very forgiving if you want to adjust the ingredients as long as you stick to the ratio; 3 parts flour/flavour to 4 parts fat and sugar.



For perfectly crunchy biscuits place cooked biscuits on cooling rack and return to warm oven (100C) for 30 minutes to dry out. They will taste better and last longer – if they can!

Flour and Flavour blend 180g:

- 1 cup G-F flours (mine was ½ rice ½ potato starch)
- 2 tsp Hullabaloo Puff.
- About 1 tsp powdered ginger to taste.
- About ½ tsp powdered cinnamon to taste.

Sugar and Fat total 240g:

- 80g (60-100g) Butter or margarine
- 80g (0-160g) Brown Sugar
- 80g (0-160g) Golden Syrup

Melt the sugar and fat in saucepan. Leave to cool slightly then stir into dry mix. Spoon dollops of slightly soft mixture on a biscuit tray and cook in batch at 180C for 10 minutes.

Lets Party! Additive Free.

- Are you concerned about the additives in party foods creating overactive children?
- Do you want to have a birthday party with food that is free from additives but still looks and tastes great?
- Do you want to your child's birthday party to have fun, age appropriate games but not sure where to begin?
- Are you looking for a resource where you can find everything you need to plan a successful birthday party?

Let's Party! Additive Free takes the guesswork out of planning your next birthday party by providing you all the information you need to plan a successful party that doesn't cost the earth and that the kids will LOVE!



A guide for creating a great, additive-free birthday party

By Melanie Avery

To purchase "Let's Party" online. [Click here.](#)

Hullabaloo Food caters for a growing number of health-conscious people with multiple food allergies & intolerances.

All our products are free from tree nuts, peanuts, preservatives and artificial additives.

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www.hullabaloofood.com

