



Wholefoods Market

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Treats to spoil mum this Mother's day

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BININNWHOLEFOODS



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Kids

KITCHEN LAB



No Bake Rocky Road

Ingredients

- 400g Milk Chocolate
- 100g Plain Biscuits
- 100g Mini Marshmallows

Method

1. Line a slice tin with baking paper.
2. Melt the chocolate in a glass bowl over a pot of just-boiled water. (Chocolate can also be melted in the microwave.)
3. When the chocolate is fully melted, remove the bowl from the pot.
4. Crush the biscuits into small chunks and add the biscuits and melted chocolate to a large bowl.
5. Add the marshmallows to the bowl and stir everything together well.
6. Tip the mixture into the lined tin, spreading the mixture out with the back of a large spoon.
7. Chill for 1 hour in the fridge, then remove and cut into 16 squares.



Homemade Honeycomb

Ingredients

- 1 Cup White Sugar
- ¼ Cup Golden Syrup
- 3 Tbsp Water
- 2 tsp Baking Soda

Method

1. Grease a slice tin and set aside.
2. In a small saucepan, stir golden syrup, sugar and water over a medium heat until the sugar is dissolved.
3. Bring the mix to the boil and simmer for 5 minutes.
4. Place your slice tin close to the stove and remove the saucepan from the heat. Add the baking soda to the saucepan
5. Immediately pour hot mixture into the slice tin and leave to cool.
6. As it begins to set, score it with a sharp knife into bite-sized squares so you can break it into pieces when it is fully set.
7. Store in an airtight container.



Make baking EASY & FUN



Whether it's a morning pick-me-up or an afternoon indulgence, West Coast Cocoa Merchants offers a variety of decadent hot chocolates to satisfy everyone's cravings — just remember to top it off with marshmallows!

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Kids DIY LAB

FIZZING POTIONS

Ingredients

- 100ml Citric Acid
- 100ml Baking Soda (bicarbonate soda)
- 100ml Water
- A few drops of food colouring
- A tall clear cup or glass
- A big dish to catch spills

Method

1. Measure the Citric Acid and Baking Soda into two separate containers.
2. Pour them both at the same time into your tall cup.
3. Place your cup into a large dish ready for it to catch spills.
4. Measure out the water and add a few drops of food colouring to it.
5. Pour the water into the tall cup and watch the reaction. There will be an initial rush, potentially with some overflowing, and then the mix will simmer away.



TRY ADDING
SOME TOYS
— DIGGERS AND
TRUCKS WORK
WELL.

CORNFLOUR SLIME (OOBLECK)

Ingredients

- 4 Cups Cornflour
- 2 Cups Water
- Large bowl and spoon
- A few drops Food Colouring (optional)

Method

1. Pour the cornflour into a large bowl.
2. If using, add food colouring to the water, and then add the water to the cornflour.
3. Stir until all combined, then get playing. Add extra cornflour or water if the consistency isn't right.
4. Experiment with how the slime changes depending on how you treat it. See if you can roll some slime into a ball, and then see what happens when you release it.

TOP TIPS

- Be aware that the food colouring will likely stain hands so add sparingly.
- The recipe quantities can easily be changed - just keep the cornflour and water to a 2:1 ratio.
- This activity can get messy but wipes up easily once it dries out. Because of the food colouring, don't play with the slime near any fabrics or easily stained surfaces.

MUST TRY RECIPE!

Pizza Bites

with Man Grind Salt Flakes

Ideal for family baking adventures, these delectable treats are known as “Pizza Bites,” although they’re equally delicious when made with Marmite and cheese, or pesto and feta with caramelized onion!

INGREDIENTS:

2 cups lukewarm water
5 cups high grade flour
2 tsp yeast (instant active)
3 tbsp Olive oil
3 tsp brown sugar
2 tsp Man Grind Salt Flakes

Fillings

2 cups grated cheese (tasty is best)
1 tsp Italian stallion
4 tbsp Pizza sauce
Chopped ham, salami, feta, pineapple or spinach as desired.

INSTRUCTIONS:

1: Add the yeast, water, sugar, Man Grind and oil to the bowl of a mixer and give it a little mix. Leave for 5 minutes for the yeast to activate. (Check the date on your yeast; this is the most common bread issue I have to troubleshoot.)

2: Use the dough hook attachment of your stand mixer, and add in the five cups of flour. Leave the dough to mix until smooth and soft – around 15 minutes.

3: Alternately mix to combine with a wooden spoon, then tip the dough out onto a bench and hand kneel for 15 minutes until smooth and soft.

4: Leave the dough ball in a clean bowl, covered with glad wrap or a tea towel, to rise in a warm place for 30 minutes.



5: Once risen, cut the dough in half and roll out into a long, flat rectangle, about 35cm long by 20cm high.

6: Cover the dough with pizza sauce, then add grated cheese and sprinkle over the fillings of your choice.

7: Roll the dough up from bottom to top, leaving you with a 35-cm-long cylinder-shaped roll. Slice this into 12.

8: Repeat with the second measure of dough; change up your fillings. Our favourite is marmite and cheese. You can also use this dough to make pizza bases, if preferred.



PEPPER & me

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you'll never stop
using it!*



Snacks for The Sidelines

Dried Apricots



Popping Corn



Banana Chips



Bhuja Mix



Scroggin



Peanuts



Yogurt Raisins



Jelly Beans



GET READY FOR WINTER SPORTS



Homemade Stain Remover

What you need

- 1 Tbsp Baking Soda
- 3 Tbsp White Vinegar
- 3 Tbsp Water

Method

1. Dilute the vinegar with the water, keeping a 1:1 vinegar to water ratio.
2. Sprinkle the baking soda onto the stain, and spray with the vinegar mix.
3. Scrub the paste into the stain and let it stand for about 20 minutes.
4. Launder as normal.

TIP

For tougher stains, swap the baking soda for washing soda. **Be aware of colour fade from washing soda though.**

Homemade Non-Toxic Liquid Laundry Detergent

What you need

- ½ cup Borax
- ½ cup of Castile Soap
- ½ cup Baking Soda
- 4 cups Hot Water

Method

1. Combine the first three ingredients into a large container (i.e recycled milk bottle) and then pour in the water to dissolve the ingredients.
2. Fill the container to the top with cold water.
3. Shake before each use.
4. For a standard-sized load of laundry, ¼ cup should work.
5. Use a little more for a more heavily-soiled load.



Next to Natural Muscle Recovery Bath Salts with Arnica

bin inn

Give your muscles a break and recover from the game with the Next to Natural Bath Salts. Exclusive to Bin Inn.



Coffee & Raw Sugar Body Scrub

Ingredients

- 40g Coffee Beans
- 100g Baking Soda (sodium bicarbonate)
- 20g Coconut Oil
- 50g Raw Honey
- 100g Raw Sugar

Method

1. Add coffee, baking soda, coconut oil and honey to a high speed blender and blitz for 20 seconds on high speed (or until desired consistency). Pour into a bowl.
2. Add sugar and mix with a wooden spoon until well combined.
3. Transfer to a container or jar.
4. Store away from direct sunlight.

To use

Use in shower on wet skin. Massage in a circular motion on entire body.



Get prepared for Mother's Day



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