

SCONES, SWEET TARTS, BAKEWELLS, CAKE BARS, MUFFINS, BROWNIES & ECCLES CAKES

E NUMBERS: E100 = CURCUMIN*; E160A = CAROTENES** **E160b = ANNATTO;** E170 = CALCIUM CARBONATE*; E202 = POTASSIUM SORBATE; E260 = ACETIC ACID*; E282 = CALCIUM PROPIONATE; E300 = ASCORBIC ACID*; E306 = TOCOPHEROLS**; E330 = CITRIC ACID; E331 = SODIUM CITRATES*; E333 = CALCIUM CITRATES*; E339 = SODIUM PHOSPHATES*; E341 = CALCIUM PHOSPHATES*; E412 = GUAR GUM*; E415 = XANTHAN GUM**; E440 = PECTINS*; E450 = DIPHOSPHATES*; E460 = CELLULOSE**; E464 = HYDROXYPROPYLMETHYLCELLULOSE*; E471 = MONO & DI-GLYCERIDES OF FATTY ACIDS**; E475 = POLYGLYCEROL ESTERS OF FATTY ACIDS**; E500 = SODIUM CARBONATES; E516 = CALCIUM SULPHATE*; E1450 = STARCH SODIUM OCTENYL SUCCINATE; (GREEN** = SAFE AND/OR BENEFICIAL, GREEN* = SAFE FOR MOST PEOPLE, ORANGE = CAUTION ADVISED, RED* = BEST AVOIDED, RED** = HAZARDOUS. REF: *WHAT'S REALLY IN YOUR BASKET?* BY BILL STATHAM - PUBLISHED BY SUMMERSDALE)

ADDITIVES/INGREDIENTS: Please refer to Alex Gazzola's FreeFrom Additives/Ingredients chart on our website for clarification

AVAILABILITY KEY:

E – EATERIES (INCLUDES B&Bs, CAFES, HOTELS, RESTAURANTS, NATIONAL TRUST PROPERTIES, SUPERMARKET CAFES, ZOOS), **GC – GARDEN CENTRES**, **IR – INDEPENDENT RETAILERS** (INCLUDES DELICATESSENS, FARM SHOPS, HEALTH FOOD STORES, ORGANIC SHOPS) **MM/SM – MOST/SOME MULTIPLES** (MULTIPLES – SUPERMARKETS), **P – PRESCRIPTION**, **W – WEBSITE & MAIL ORDER** (NB MAIL/WEBSITE ORDERS MAY INCUR P&P)

WINNER: *** **HIGHLY COMMENDED: **** **COMMENDED: ***

FREE OF:	WHEAT	GLUTEN	NUT	EGG	DAIRY	INGREDIENTS ARE LISTED SO AS TO INCLUDE EVERY INGREDIENT BUT NOT IN ORDER/QUANTITY THEY APPEAR ON PACK.	JUDGES' COMMENTS	AVAILABILITY/ COST PER 100G
BlueBasil Brownies * gluten-free classic chunky chocolate brownie	Y	Y	Y	N	N	Vanilla infused sugar, cocoa mass & butter, soya lecithin , eggs, butter, rice, flour, tapioca, maize & buckwheat flour, dried cream, whole milk powder, vanilla, salt	All the judges were impressed with the amount of chocolate in these very home-made looking brownies, and that at least some of it was fairtrade. They liked the rich moist texture and the very strong chocolate flavour although some felt that it was almost overpoweringly strong and rich.	£1.88 W
Go Free Foods *** chocolate & almond brownie	Y	Y	N	N	Y	Carrot, sugar, cocoa butter, paste, powder & nibs, agave nectar, mesquite, carob, coconut butter, vanilla, almonds, egg, rice, potato, tapioca, maize & buckwheat flour, vanilla extract, E450, E500, E516	The judges really liked the unusual ingredients in this brownie – including carrot! – which gave it a complex and interesting flavour. They also its excellent texture – fine, moist, more-ish and with a good almond graininess and the fact that it was gluten, wheat dairy and soya free. A classic brownie.	£3.40 W
Honeybuns * Snowy Hills Cake Bar	Y	Y	N	N	N	Butter, almonds, sugar, eggs, polenta , lemon zest, lemon, E440, E330, ground ginger, lemon oil	The judges very much liked the look and the lemony aroma of the cake bar but several of them felt that there were almost too many great quality ingredients so that nothing really stood out. Several also felt that the bar was too rather sweet. However all felt that you would never have known that it was gluten-free – but that it was a shame that it could not also have been dairy free!	£1.64 IR, SM, W
Juvela chocolate brownies	Y	Y	Y	N	N	Vegetable oil, water, sugar, maize & potato starch, skimmed milk, whole egg powder, cocoa powder, glucose syrup, cocoa mass & butter, soya lecithin , vegetable glycerine, whey powder, E471, E339, E500, salt, chicory, E202, natural vanilla, E330, E415	The judges agreed that this was a good looking brownie but that, sadly, it did not really deliver on taste – too sweet, a bit bland and a slightly dry cocoa-ey after-taste.	59p W
Morrisons FF chocolate brownie mix	Y	Y	Y	Y	Y	Sugar, maize & potato starch, fat reduced cocoa butter & mass, soya lecithin , rice flour, dextrose, E464, E460, salt	The judges felt that was a reasonable middle of the road product – good value but not amazing in terms of taste or texture – not quite chocolatey enough and slightly-cloying.	53p SM
Morrisons FF tiffin bars	Y	Y	N	Y	N	Maize & potato starch, sugar, vegetable oil, brown rice flakes, millet flour, coconut, E475, E160b, E100, flavouring, fat reduced cocoa powder, cocoa mass, whey powder, skimmed milk solids, soya lecithin , cherries, glucose syrup, fruit & vegetable extract, sultanas	Although the judges thought that the tiffin bar looked attractive most found it too sweet and slightly flavourless – maybe because the chocolate coating was not hugely successful.	99p SM

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Morrisons FF ** treacle tarts	Y	Y	N	N	Y	Partially inverted refiners syrup, water, E440, E330 , flavouring, sugar, palm & rapeseed oils, E471 , egg, rice flour, tapioca starch, treacle, glucose syrup, E300, E202, E282, E260 , ground almonds, salt, E415	All the judges agreed that this was a 'dead reacle tart – you would never have know that it was gluten and dairy free. Most thought that it looked good, that the pastry was crisp if a bit dry and that the treacle flavour was very good and not too sweet – but several were worried by the number of manufacturing aides in the ingredients list.	£1.24 SM
Peace of Cake chocolate muffin	Y	Y	N	N	Y	Buckwheat, tapioca, rice, potato & maize flour, E341, E415 , cocoa mass, butter & powder, caster sugar, eggs, sunflower oil, E500 , golden syrup, E450, E170 , soya lecithin, natural vanilla, vegetable oils, salt, E471 , vitamins E, A, D2, B12, B1, B6, folacin, E160a, E440 , water, E333, E331, E330 , s. thermophilus, l. bulgaricus, E306 , hulled soya beans,	This muffin looked attractive and had a nice light sponge texture but most felt that it was really not chocolatey enough. A couple of judges also felt that the buckwheat in the flour came through quite strongly.	£1.95 W
Peace of Cake * blueberry muffin	Y	Y	N	N	Y	Almonds, tapioca, rice, potato, maize & buckwheat flour, eggs, blueberries, hulled soya beans, E333 , sugar, E330, E331 , maize starch, E500, E450, E170 , sunflower oil, water, vegetable oils, salt, E471 , vitamins E, A, D2, B12, E440, E306	The judges were very impressed with the looks of the muffin – 'just like an ordinary muffin' – with the amount fruit and with the 'clean' ingredients. However, several felt that, as so often happens with blueberry muffins, freefrom and 'normal', the amount of fruit made the middle of the muffin go rather wet making it seem slightly uncooked and a bit 'gloopy'.	£1.95 W
Shake n Bake (Drossa)Y muffin mix	Y	Y	N	Y	Corn starch, sugar, palm oil, egg, glucose syrup, sugar, E1450, E450, E500, E412 , psyllium husk, vanillin	The judges felt that this mix did not really bake up well as a muffin – closer to a Madeleine mix. They were not too impressed with the texture which they found a little bit dense, but liked the aroma. However, they thought the mix would have worked very much better had it been baked with added ingredients rather than just plain.	65p IR,W	
Sugargrain ** fresh raspberry & white chocolate brownie	Y	Y	Y	N	N	Cocoa mass & butter, sugar, natural vanilla flavouring,, whole milk powder, soya lecithin , fresh raspberries, butter, rice, potato , tapioca & buck wheat flour, cocoa, sea salt, eggs, E339, E500, corn starch	The judges really liked the unusual combination of fresh raspberries and chocolate in these brownies – a great mix – 'very decadent'. They also like their texture – soft and really well flavoured. However, some judges felt that there was not enough white chocolate to justify the title and that, although delicious they were only gluten free!	£2.50 IR,W
Warburtons 4 fruity teacakes	Y	Y	Y	N	Y	Water, starch, tapioca & rice flour, currants, vegetable oil, sultanas, maize flour, E464, E415 , rice bran, dextrose, egg white powder, glucose syrup, sugar, E170 , salt, cinnamon, cloves, coriander, dill, ginger, nutmeg, sugar beet fibre, natural flavouring, E282, E260 , ferrous sulphate, yeast	The judges thought that the teacakes looked very good in the pack but were a slightly unappetising grey colour when cut. Although they do not suggest toasting on the pack, judges assumed that the teacakes were designed for toasting. Once toasted they lost their grey colour and the cinnamon aroma came through well. Judges liked the fruitiness although felt that the teacakes has a slightly gelatinous texture which detracted from the overall enjoyment.	72p MM,W

CONTACT DETAILS:

Blue Basil Brownies
www.bluebasilbrownies.co.uk

Go Free Foods
www.gofreefoods.co.uk

Honeybuns
www.honeybuns.co.uk

Juvela
www.juvela.co.uk

Morrisons
www.morrisons.co.uk

Peace of Cake
www.peaceofcakelondon.com

Drossa (Shake 'n' Bake)
www.drossa.co.uk

Sugargrain
www.sugargrain.com

Warburtons
www.warburtons.co.uk