

STRAIGHT FROM THE SOURCE...

OUR STORY, ZERO WASTE LIVING, TIPS & RECIPES



AUTUMN EDITION



the source
BULK FOODS

OUR STORES, YOUR STORIES

THE SOURCE BULK FOODS WAS BORN IN 2012 FROM OUR BELIEF THAT UNPACKAGED FOOD SHOULD BE EASIER TO ACCESS AND THERE SHOULD BE NO EXCUSE FOR SINGLE USE PLASTIC. WE SPROUTED NEW STORES, FROM MULLUMBIMBY TO BALMAIN FROM PERTH TO CAIRNS.

Our wholesome array of ingredients are delivered the way food ought to be, not packaged in plastic, nor tied with string. The stores offer a zero-waste alternative to conventional shopping as well as providing warm, friendly and caring service.

Take only what you need, refill your favourite honey jar, connect with the source of your food and embrace a better way to shop.

We hope all the tips and recipes in our little book will inspire and help create fun, memorable and yummy experiences, inviting you back to The Source this season.



Paul & Emma
& The Source Team x



REDUCING WASTE



AUSTRALIANS ARE ONE OF THE HIGHEST PRODUCERS OF WASTE IN THE WORLD.

A staggering 8 million tonnes of plastic rubbish goes into the ocean every year. Each day we use over 10 million plastic shopping bags – and that's in Australia alone!

We need to take drastic action. Everyone can make a difference, just small lifestyle changes like buying in bulk, refilling containers and shopping without plastic bags can help change the future for our planet, oceans, wildlife and children.

GIVE IT A TRY!

BUYING BULK FOODS

A BEGINNER'S GUIDE

There are plenty of reasons to shop at The Source, like reducing unnecessary packaging, saving money and buying just the amount you need (which is perfect for recipe experimentation!). But, if you are new to bulk foods, here are some great tips to get you started:

1. Keep your pantry organised and neatly labelled so you know what you need. Try to keep enough of your staples so you can always throw together your favourite meals.
2. Plan ahead and bring in your own jars, bags and bottles for refilling. We are proudly plastic bag free but have large brown paper bags or jute shopping bags if you forget yours.
3. If you bring in your own jar or container, simply take it to the counter, just bring it to the counter before you refill it with a product, and we'll tare and record the weight. When you fill the jar and bring it to the counter, we'll take the weight of the jar off the total price. Easy!
4. If you're not filling up your own bag, jar or bottle, just grab a paper bag and start filling. We also sell glass jars and bottles in store.
5. Speed up checkout time by writing the product code on your paper bag. You can find these clearly printed on the large food bins.
6. Don't be afraid to try something new and have fun! Our team are either passionate foodies or qualified nutritionists and naturopaths so we love helping and talking all things food!

YOU WILL FEEL LIKE A KID IN A CANDY STORE WHEN YOU STEP INTO ONE OF OUR STORES! THE ROWS AND ROWS OF SPARKLING BINS ARE FULL OF ALL TYPES OF AMAZING PRODUCTS, READY TO TAKE YOUR TASTE BUDS AND CULINARY SKILLS TO THE NEXT LEVEL!

WHOLEFOOD PANTRY



GOOD HEALTH STARTS WITH A WELL STOCKED PANTRY!

We love the sight of a full, organised pantry. Not only will it make cooking simpler, it will also make healthy eating much easier.

OUR TOP 10 WHOLEFOOD PANTRY STAPLES:

Coconut Oil

Full of healthy fats and boasts a high smoke point. Use it in all your cooking. It even doubles as a skin moisturiser, lip balm and hair mask!

Apple Cider Vinegar

This pantry staple can be consumed as a drink diluted with water and fresh lemon, made into a dressing or used in cooking.

Raw Nuts

Almonds can be used to make almond meal, almond milk, almond butter or eaten as a healthy snack or salad topper. Another great nut to have on hand is cashews. These are often used in raw desserts and can be used to make a lovely dairy-free and vegan cashew cream.

Quinoa

Quinoa is a great replacement for all types of grains, and is a great protein booster in salads. It works well as a main or side dish, and is good for breakfast, lunch and dinner.

Medjool Dates

A delicious snack that can be used in most raw desserts as they act as a natural sweetener. A good source of fibre.

Maple Syrup and Raw Honey

A natural sweetener, often called for in healthy baking recipes, particularly raw desserts.

Raw Cacao Powder

Boasts an array of antioxidants and is a healthier alternative to cocoa. It can be used in baking, drinks, puddings, raw desserts and more.

Almond Meal

A great alternative for gluten-free cooking. Almond meal is nutrient dense and delicious in breads, cakes, muffins etc.

Chia Seeds

Full of antioxidants, protein, fibre, healthy fat, calcium and minerals. Sprinkle on cereals, in smoothies, juices or use in baking.

Organic Turmeric

Not only does turmeric add great flavour, it's also known for its immunity boosting and antioxidant, antiviral and antibacterial properties.



RECIPES

PINK
TRUFFLES



APPLE
PIE OATS

BREAKFAST

APPLE PIE OATS

WHAT YOU'LL NEED

- 1/2 cup oats
- 1 Tbsp seed mix
- 1/2 cup almond milk, unsweetened
- 1 cup water
- 1/2 tsp cinnamon
- 1/4 tsp ground ginger
- 1/8 tsp nutmeg
- 1/8 tsp allspice
- Xylitol (or natural sweetener of choice) to taste
- 1/2 pink lady apple, grated
- 1/2 pink lady apple, sliced to serve
- Handful of fresh berries to serve
- 1 Tbsp pepitas to serve

METHOD

1. Soak ingredients overnight or cook until thickened.
2. Serve hot or cold topped with apple slices, berries and pepitas



SERVES 1 – VEGAN



SERVES 3 — GLUTEN & DAIRY FREE

SPICED PUMPKIN & PECAN PANCAKES

WHAT YOU'LL NEED

- | | |
|-----------------------------------|------------------------------|
| 1/3 cup buckwheat flour | 1/2 tsp ground ginger |
| 1/2 cup pecans | 1/4 tsp Himalayan salt |
| 1 cup pureed pumpkin | 2 organic eggs, separated |
| 1/2 cup almond milk | 1 tsp baking powder |
| 2 Medjool dates, pitted | 1 Tbsp coconut oil (to cook) |
| 1 tsp cinnamon | Serve with maple or honey |
| 1 tsp vanilla bean powder/extract | |

METHOD

1. Process pecans in blender or food processor until fine. Add buckwheat, pureed pumpkin, almond milk, dates, spices and egg yolks. Blend until smooth.
2. Transfer to a large mixing bowl and add baking powder.
3. Whisk egg whites until firm peaks form and then gently fold into the mixture.
4. Place coconut oil in a non-stick pan and allow to melt over low-medium heat. Add a small amount of the pancake mixture and leave to cook for 1-2 minutes (or until bubbles start to form). Flip and allow the other side to cook for another minute or so.
5. Repeat this process for the rest of the mixture.
6. Serve with maple syrup or raw honey.

VANILLA CHIA PUDDING & PINK PITAYA PARFAIT

WHAT YOU'LL NEED

1/4 cup chia seeds

1 tsp vanilla extract

1 tsp maple syrup

1 cup almond milk, unsweetened

1 banana

1/2 cup watermelon

1 cup raspberries

1/2 Tbsp pink pitaya powder

Splash of almond milk

1/2 cup of your favourite granola

Fresh fruit to serve

METHOD

1. Mix vanilla, maple syrup & almond milk, then add chia seeds. Allow to soak for at least 2 hours in the fridge or overnight.
2. To make the smoothie, blend the banana, watermelon, raspberries, pink pitaya and splash of almond milk until smooth.
3. To serve, layer into a glass your favourite granola, chia pudding, smoothie and top with fresh fruit.

RECIPe & IMAGE BY CHERIE TUJ | @THRIVINGONPLANTS



SERVES 2 — VEGAN



DOUBLE CHOC
FUDGE COOKIES

SNACKS

PINK TRUFFLES

WHAT YOU'LL NEED

2 cups desiccated coconut
1/4 cup coconut oil
85mLs rice malt syrup
1/2 cup almond meal
1 tsp vanilla
5 tsp pink pitaya powder
150g dark chocolate 80%

METHOD

1. Place all ingredients, apart from chocolate, into a food processor and blend until sticky.
2. Roll dough into balls and place into the fridge for 10 minutes.
3. Melt chocolate and dip balls in using a fork.
4. Place onto parchment and back into the fridge to set.
5. Store in an airtight container in the fridge.



MAKES 12 — GLUTEN FREE



MAKES 12 - VEGAN

DOUBLE CHOC FUDGE COOKIES

WHAT YOU'LL NEED

1 cup plain flour	60g peanut butter
1 tsp bicarb soda	1 tsp vanilla extract
1/4 cup cocoa	1/2 cup brown sugar
1/2 tsp salt	1/2 cup raw sugar
100g vegan dark chocolate	2 Tbsp almond milk
80g vegan butter	Handful vegan choc chips

METHOD

1. Preheat oven to 180°C and line a large baking tray.
2. Melt dark chocolate in a heat-proof bowl and set aside.
3. Add butter, peanut butter, vanilla, sugars and milk to a large mixing bowl, and beat until well mixed and fluffy.
4. Sift in dry ingredients and, using a wooden spoon, mix together.
5. Pour in melted chocolate and mix through, then fold in chocolate chips.
6. Spoon 2 tablespoons dough each, flatten slightly and bake for 12-14 minutes.
7. Once cooked, allow to cool for 5 minutes before turning onto a wire rack to cool completely.



BALSAMIC
ONION &
MUSHROOM
PIZZA

LUNCH & DINNER

PAPPARDELLE WITH LAMB RAGU



SERVES 4

PASTA

- 1 cup plain flour
- 1 egg
- 1 Tbsp iced water

RAGU

- 1 Tbsp organic olive oil
- 700g slow roasted lamb shoulder (shredded)
- 60g bacon, coarsely chopped
- 1 brown onion
- 1 garlic clove
- 1 carrot
- 1 celery stalk
- 1 cup red wine
- 1 tin chopped tomatoes
- Fresh Italian herbs, to taste.

METHOD

1. Place flour in large bowl. Make a well in the centre and add egg and iced water. Mix until the mixture just comes together. It will still be dry and crumbly.
2. Knead dough for 5 minutes or until smooth. Cover and set aside.
3. Heat oil in a large pan over medium heat. Add finely chopped onion, garlic, carrot, celery and bacon and cook until onion is translucent.
4. Add shredded lamb and wine and increase heat to medium-high. Allow to cook until the wine has nearly evaporated, then add tomatoes. Bring to the boil, then simmer for about an hour, stirring occasionally until the ragù is thick.
5. Meanwhile, divide pasta into two sections, then, using a pasta machine with rollers at the widest setting, feed the first piece of dough through. Fold the dough in half lengthways then feed through again. Repeat three times, folding the pasta in half lengthways each time.
6. Folding the pasta each time, continue rolling pasta reducing the width setting each time until the pasta is 1mm thick. Roll pasta through using the pappardelle (or the widest fettuccine) setting. Repeat steps 5-6 for remaining section of pasta
7. Bring a pan of salted water to the boil. Cook pasta for 2 minutes or until al dente.
8. Season the ragù with salt and pepper and add fresh herbs then serve with cooked pappardelle and top with shaved parmesan.

SALMON W/ PEA & ALMOND SALAD

WHAT YOU'LL NEED

2 salmon fillets
2 cups snow peas, tops removed
1/2 cup frozen peas
1/4 red onion, thinly sliced
40g feta cheese, diced
1/3 cup flaked almonds

DRESSING

1 Tbsp olive oil
1 tsp red wine vinegar
Juice of half a lemon
Salt and pepper to taste

METHOD

1. Blanch the snow peas and frozen peas in a pot of boiling water for 1 minute and then rinse under cold water to cool. Drain and set aside in a large bowl.
2. Season the salmon fillets with a pinch of salt and place, skin side down into a pan on a medium-high heat with a small amount of olive oil.
3. Cook for 4-5 minutes and then flip, cooking for around another 5 minutes, depending on how you like your salmon cooked.
4. While the fish cooks, heat a second pan over a medium heat and toast the flaked almonds for approximately 30 seconds tossing regularly. Remove and set aside.
5. Place all of the salad and dressing ingredients together in a bowl and toss to coat, adding the nuts in last so they remain crunchy.
6. Serve the salmon with the salad on the side and an extra slice of lemon.





SERVES 2 — VEGAN & GLUTEN FREE

BALSAMIC ONION & MUSHROOM PIZZA

BASE

1 1/2 cups GF plain flour
1/2 tsp baking powder
1 Tbsp coconut sugar
7g dry yeast
3/4 cup warm water
1/2 Tbsp olive oil
1/2 tsp pink Himalayan salt

TOPPING

4 cups sliced onions
100g sliced mushrooms
1/4 cup balsamic vinegar
1 Tbsp maple syrup
1/2 tsp dried thyme
Salt & Pepper

METHOD

1. Mix the yeast, water and coconut sugar in a bowl, and leave for 5 minutes.
2. Mix the flour and salt in a bowl, and add the prepared yeast mixture and oil. Combine together to form a dough.
3. Place the dough on a lightly floured surface and knead for 10 minutes, until elastic.
4. Place in a lightly oiled bowl, cover, and put in a warm place for 30 minutes, until doubled in size.
5. Punch the dough and knead again.
6. Roll out to desired shape and thickness and place on a lined baking tray.
7. Cook at 240°C for 10-15 minutes until lightly golden.
8. Cook the onions in a saucepan at medium high heat for 15 mins, stirring frequently. Add a splash of boiling water to avoid sticking.
9. Once cooked, add the mushrooms, balsamic, maple syrup, herbs and cook for another few minutes, until thickened.
10. Spoon onto the pizza base and bake in the oven at 240°C for 10 minutes.
11. Top with fresh rocket to serve.



APPLE &
STRAWBERRY
TART

DESSERTS

CARROT CAKE

WHAT YOU'LL NEED

2 cups wholemeal self-raising flour
3 cups grated carrot
1 1/2 cups raw sugar
1 cup organic olive oil
4 eggs
1 tsp ground cinnamon

ICING

1 cup icing sugar
1 Tbsp softened butter
1 tsp lemon rind
1 tsp lemon juice
A dash of hot water

METHOD

1. Beat sugar and oil then add eggs until well combined.
2. In a large bowl, mix carrot, sifted flour and cinnamon.
Add egg mixture and mix well.
3. Pour mixture into a prepared 20cm round cake tin and bake at 180°C for 1 hour 10 mins or until cooked through.
4. Remove from oven and allow to cool in tin for 5 minutes before turning out onto a wire rack to cool completely.
5. For the icing, beat sifted icing sugar, butter, lemon rind and lemon juice together, gradually adding a small amount of hot water as required, until desired consistency is reached.
6. Spread icing onto cooled cake and top with chopped walnuts or grated lemon rind if desired.



SERVES 8

APPLE & STRAWBERRY TART



SERVES 6 — VEGAN

JAM

1/2 cup whole fresh or frozen strawberries
1/4 cup sugar or liquid sweetener
1 tsp chia seeds (optional)

PASTRY

2 cups plain flour
1/2 cup sunflower oil
1/4 cup caster sugar
Pinch of salt

FILLING

3 medium-size apples

METHOD

1. Add the strawberries, sugar and a dash of water to a small saucepan over high heat and bring to a boil for 5 minutes. Stir while mashing the strawberries to release their juices.
2. Reduce to a simmer over medium heat for 5-10 minutes stirring occasionally until the mixture has thickened. Puree jam with a stick blender and add chia seeds, if desired. Set aside to cool.
3. For the pastry: Add all of the ingredients to a bowl or food processor and mix until evenly combined and it forms a dough. The dough should be soft, pliable and can be pinched between two fingers without breaking. If the dough is too dry, add one tablespoon of oil at a time and mix until there are no crumbs. If the dough is too wet, add one tablespoon of flour at a time and mix until there is no excess oil. Set aside in an airtight container in the fridge for at least 20 minutes.
4. Dust a clean surface with a few tablespoons of flour. Place the chilled dough on top and use a lightly-floured rolling pin to roll out the dough to around 5mm thick. Gently transfer the pastry to a greased 20cm tart tray. Press the dough against the bottom and sides of the tin to form a crust.
5. Spread the jam on the bottom and sides of the pastry, reserving a few tablespoons.
6. Slice the apples and place them in the tart, as desired. Add a little jam in between some of the apples to allow them to stick together.
7. Bake the tart in an oven, pre-heated to 180°C, for 20-30 minutes or until the apple slices have softened.
8. Cool the tart in the tin for 5 minutes and gently remove. Enjoy immediately or store in an airtight container in the fridge for up to 5 days.

VANILLA & BLUEBERRY CHEESECAKE

BASE

10 - 12 medjool dates, pitted
1/2 cup shredded coconut
1/2 cup quick oats

LAYERS

2 cups raw cashews
1 tsp vanilla bean paste
1 cup unsweetened coconut milk
1/2 cup coconut cream (full fat)
1/2 cup pure maple syrup
1 tbs coconut oil
1 cup fresh or frozen blueberries
1 tbs açai powder

METHOD

1. Soak the cashews in filtered water for 2-4 hours, then drain.
2. Meanwhile, blitz all base ingredients in high powered blender or food processor until sticky.
3. Press into small round cake tin that has a push out base.
4. To make the cheesecake layers, place all ingredients except blueberries and açai powder in blender and pulse on high for a few minutes, stopping occasionally to scrape down sides. The mixture should have a very smooth and creamy texture (add more coconut milk if blades are not turning smoothly).
5. Place half the mixture into a small bowl, leaving the remaining in the blender.
6. Add blueberries and açai powder to the blender and pulse until blended in well.
7. Pour the vanilla batch (from bowl) over base. You can follow with the blueberry mix however if you want more uniform lines it's best to freeze the first layer for 2-3 hours first then add the next layer.
8. Freeze overnight, slice and serve.

RECIPE & IMAGE BY SABRINA MUSCAT | @RAWSPIRATIONS



MAKES 8 — VEGAN

YOU CAN FIND US NATIONALLY IN THESE LOCATIONS:

NSW

Balgowlah
Balmain
Bowral
Byron Bay
Crows Nest
Erina
Glebe
Katoomba *NOW OPEN!*
Lane Cove
Mullumbimby
Newcastle
Rhodes
Rouse Hill
St Ives
Wagga Wagga*
Warriewood
Wollongong
Zetland

QLD

Bulimba
Cairns
Caloundra
Fairfield
Maleny
Maroochydore
Miami
Noosa
North Ward
Southport
Springfield
Toowoomba
West End

VIC

Balaclava
Brunswick
Ballarat
Berwick
Camberwell
Fitzroy
Geelong
Hampton
Moonee Ponds
Prahran
Rowville *NOW OPEN!*
Traralgon *NOW OPEN!*

ACT

Belconnen
Dickson

SA

Glenelg
Mitcham

WA


Clarkson
Floreat
Vic Park


*Opening May 2019

GATHERING YOUR INGREDIENTS

Please ask any of our store owners or friendly team members for help with sourcing any of the yummy ingredients in this booklet.

TO FIND YOUR NEAREST STORE VISIT:
WWW.THESOURCEBULKFOODS.COM.AU

 THE SOURCE BULK FOODS

 @THESOURCEBULKFOODS



the source
BULK FOODS