

STRAIGHT FROM THE SOURCE...

OUR STORY, ZERO WASTE LIVING, TIPS & RECIPES



WINTER 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.

1. Keep your pantry organised and neatly labelled so you know what you need. Try to keep enough 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 if you forget yours.
3. If you bring in your own jar or container, simply take it to the counter before you refill it and we will record the weight. Then, after you fill the jar and bring it back to the counter, we will deduct the weight of the jar so that you only pay for what's inside. 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 labels on the food bins.
6. Don't be afraid to try something new and have fun!! Our team are either passionate foodies or qualified nutritionists, 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. Cashews are also great to have on hand. They are often used in raw desserts and make a delicious 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.

MEDJOO DATES

Dates are 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

Maple syrup and raw honey are often called for in healthy 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.

CHIA SEEDS

Full of antioxidants, protein, fibre, healthy fat, calcium and minerals. Use in baking, sprinkle on cereals or include in smoothies or juices.

ORGANIC TURMERIC

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



RECIPES

GOOEY
CARAMEL
SLICE



TAHINI &
PEANUT
BUTTER
BUCKWHEAT
PANCAKES

BREAKFAST

DARK CHOC CHIA PUDDING BOWLS

WHAT YOU'LL NEED

- 1/4 cup chia seeds
- 4 Tbsp cacao powder
- 1 cup coconut milk
- 2 Tbsp maple syrup
- 1 tsp vanilla extract

TOPPINGS

- Your favourite granola
- Dollop of peanut butter
- Shredded coconut
- Hemp seeds

METHOD

1. Mix all of the pudding ingredients in a large bowl and set aside for 30 minutes or overnight until thick.
2. Divide between two bowls and serve with your favourite toppings.

RECIPE & IMAGE BY PHOEBE | @PHEEBSDOODS



SERVES 2 - VEGAN



SERVES 2 — GLUTEN FREE & VEGAN

TAHINI & PEANUT BUTTER BUCKWHEAT PANCAKES

WHAT YOU'LL NEED

3/4 cup buckwheat flour
1/4 cup brown rice flour
1 1/4 cup preferred nut milk
1 ripe banana, mashed
1 Tbsp black tahini
1 Tbsp carob powder
1 tsp baking powder
Oil, for greasing pan

METHOD

1. Mix all ingredients together until smooth. Let stand for 10 minutes.
2. Heat a good quality frypan over medium heat. Once hot, lower the flame and oil the pan lightly. Pour in 1/4 cup of batter at a time to make pancakes.
3. Once bubbles appear across the batter, flip the pancake and cook the other side for a further 2 minutes.

GOLDEN OATS

WHAT YOU'LL NEED

- | | |
|---------------------|---|
| 1 cup quick oats | 1 generous pinch of black pepper |
| 1 cup water | 1/2 Tbsp hemp seeds |
| 1 cup almond milk | 1/2 Tbsp chia seeds |
| 1 tsp turmeric | 1/2 Tbsp linseed |
| 1 tsp cinnamon | 1 Tbsp maple syrup (optional) |
| 1/4 tsp nutmeg | Seasonal fruit, coconut yoghurt & nuts to serve, |
| 1 tsp ground ginger | |

METHOD

1. In a saucepan combine quick oats, water, almond milk, turmeric, cinnamon, nutmeg, ground ginger and a generous pinch of black pepper. Black pepper enhances the absorption of the curcumin in turmeric so you can reap more of the antioxidants and anti-inflammatory properties. You won't be able to taste it. Add in the hemp, chia seeds and linseed.
2. Cook on medium heat until it thickens to the consistency that you like. Turn off the heat and sweeten with a dash of maple syrup, if desired.
3. Transfer to a bowl and add your favourite ingredients on top. Add mango coconut yogurt, fresh berries, apple, walnuts and almonds and enjoy!



SERVES 2 — VEGAN



RASPBERRY
MATCHA
MUFFINS

SNACKS

RAW CHOCOLATE WITH NUTS & SEEDS

WHAT YOU'LL NEED

- 1/3 cup coconut nectar
- 1/3 cup melted cacao butter
- 1 tsp vanilla bean paste
- 1 cup melted coconut butter
- 1/4 cup cacao powder
- Nuts & seeds to top

METHOD

1. Melt all ingredients, except for the nuts and seeds, in a double boiler over low heat to make chocolate.
2. Once smooth, pour into moulds.
3. Top with your favourite nuts and seeds.
4. Place in freezer for an hour to set. Enjoy!



MAKES 12 — VEGAN



RASPBERRY MATCHA MUFFINS

WHAT YOU'LL NEED

- | | |
|-------------------------|--------------------------|
| 1/2 cup spelt flour | 1 Tbsp rice malt syrup |
| 1/2 cup banana flour | 3/4 cup almond milk |
| 1/3 cup coconut sugar | 1 tsp vanilla powder |
| 2 tsp baking powder | 1 cup frozen raspberries |
| 1 tsp matcha powder | |
| 1/2 ripe banana, mashed | |

METHOD

1. Preheat oven to 180°C, or 160°C fan forced. Grease or line a muffin tray.
2. In a bowl, mix flours, baking powder, matcha powder and coconut sugar.
3. In a separate bowl, mash the banana and mix it with the rice malt syrup, milk and vanilla.
4. Add the raspberries to the dry mixture, coating them in the flour. Then pour the dry into the wet ingredients and mix until just combined.
5. Spoon into muffin tins and bake for 35 to 40 minutes, or until a skewer comes out clean.

MAKES 12 — VEGAN



LUNCH & DINNER

CHANA
DAHL SOUP
WITH PEPITAS



SERVES 4 VEGAN

COCONUT CURRY

WHAT YOU'LL NEED

- | | |
|-----------------------------|---|
| 400mL coconut milk | 2 tsp turmeric powder |
| 1/2 head broccoli | 1 Tbsp coconut sugar |
| 1/2 red capsicum | 2 1/2 cups jasmine rice, quinoa or rice noodles, cooked |
| 4 small potatoes | 1 bunch fresh coriander |
| 1/2 cauliflower | Shredded coconut to garnish |
| 2 Tbsp tamari sauce | |
| 2 Tbsp curry powder, heaped | |
| 1 tin diced tomatoes | |

METHOD

1. Wash and slice vegetables.
2. In a large pot over the stove, add all ingredients except for the coriander and rice, quinoa or noodles.
3. Bring to the boil then reduce to a simmer until vegetables are cooked.
4. Roughly dice half of the coriander and add it to the curry and stir through.
5. Serve rice, quinoa or noodles first then top with curry and sprinkle with shredded coconut and remaining coriander.

CHANA DAHL SOUP WITH PEPITAS

WHAT YOU'LL NEED

- 500g chana dahl
- 1 Tbsp extra virgin olive oil
- 2 onions, finely chopped
- 3 garlic cloves, crushed
- 2 carrots, cubed
- 2 tsp dried thyme
- 3 Tbsp chicken bone broth powder
- 3 Tbsp pepitas
- Salt and pepper
- Sour cream and fresh thyme to serve (optional)

METHOD

1. Bring 1.5L water to the boil in a saucepan. Reduce heat to medium and add chana dahl. Cook for 15 minutes.
2. In a large saucepan add the oil, onion, garlic, carrot and thyme and sauté until the onion has softened.
3. Drain the chana dahl and add to the vegetables, along with the chicken bone broth powder and 1.75L hot water.
4. Bring to the boil, then reduce to a simmer for 20 minutes.
5. While the soup is simmering spread the pepitas onto a baking tray and toast in an oven preheated to 200°C for 7 minutes, shaking halfway through.
6. Using a stick blender, puree the soup until smooth. Season to taste.
7. To serve, ladle the soup into bowls. Add a dollop of sour cream, if desired, and sprinkle over the pepitas and fresh thyme leaves.



SERVES 4 – GLUTEN FREE



SERVES 4 - GLUTEN FREE

CHICKEN, MUSHROOM & THYME RISOTTO

WHAT YOU'LL NEED

| | |
|--|---|
| 10g dried porcini mushrooms | 1 leek, finely sliced |
| 1 Tbsp extra virgin olive oil | 1 garlic clove, crushed |
| 500g chicken thigh, cut into 2cm cubes | 330g arborio rice |
| 60g butter | 1/2 cup white wine |
| 400g button mushrooms, chopped | 1/2 cup parmesan cheese, finely grated plus extra to serve |
| 1 tsp dried thyme | |
| 4 Tbsp chicken bone broth powder | |

METHOD

1. Add porcini mushrooms to 125mL of warm water and allow to soak for 10 minutes. Drain, reserving the liquid, then finely chop.
2. Heat oil in large pan and add chicken. Cook until lightly browned then transfer to a plate.
3. In the same pan, melt half the butter and add the button mushrooms and thyme. Cook for 5 minutes until caramelised, stirring occasionally. Transfer to a plate.
4. Add remaining butter to the pan and sauté the leek and garlic until softened, then add rice. Cook for a minute or two, stirring consistently.
5. Add the chicken and mushroom back to the pan, along with the wine, and allow to simmer until almost absorbed.
6. Meanwhile, add 1.25L of boiling water to the chicken bone broth powder and mix.
7. Add broth to the rice a little at a time, stirring until completely absorbed before adding more.
8. Once completely absorbed, check that the rice is tender yet firm, then remove pan from the heat and mix through the grated parmesan.
9. Top with fresh thyme leaves and extra parmesan.



BLUEBERRY
MAPLE OAT
CRUMBLE

DESSERTS

CHOCOLATE PUDDING

WHAT YOU'LL NEED

1 cup wheat-free flour (or oat flour with
1 tsp tapioca flour or ground linseed
added).
1 cup coconut sugar
2 Tbsp cocoa powder
6 squares of vegan chocolate, chopped

Few drops vanilla extract
1 1/2 tsp baking powder
2 Tbsp vegan butter, melted
1/2 cup almond milk

METHOD

1. Preheat oven to 180°C or 160°C fan forced.
2. Sift together flour, sugar, cocoa powder and baking powder.
3. Stir in milk, chocolate and butter and spread the mixture into an ungreased 20cm square pan or dish.
4. Pour 3/4 cup of hot water, straight from the kettle, over the batter.
5. Bake for 30 to 45 minutes.
6. Serve immediately with a sprinkle of raspberries or melted chocolate.

RECIPE & IMAGE BY SABRINA | @RAWSPIRATIONS



SERVES 4 — GLUTEN FREE, VEGAN



SERVES 6 — FAMILY FAVOURITE

BLUEBERRY & APPLE MAPLE OAT CRUMBLE

BLUEBERRY & APPLE COMPOTE

- 8 Granny Smith apples
- 1 cinnamon stick
- 3 1/2 cups frozen blueberries
- 1 1/2 oranges, juiced
- 2 tsp vanilla bean powder
- 1 Tbsp raw honey

CRUMBLE

- 3/4 cup almond meal
- 1/2 cup quick oats
- 1 Tbsp maple syrup
- 2 Tbsp coconut oil, melted
- 1/2 tsp vanilla bean powder
- 1/2 tsp cinnamon
- 1/4 tsp Himalayan salt

METHOD

1. Preheat oven to 180°C or 160°C fan forced.
2. Peel and slice apples and place in a saucepan with 100mL water and the cinnamon stick. Gently simmer for about 15 minutes, taking care not to boil the liquid dry.
3. In a separate saucepan, combine the blueberries, orange juice, vanilla and honey. Gently stir over low heat for 5 to 10 minutes.
4. Place cooked apples into a one litre ovenproof dish and roughly swirl through the blueberries.
5. For the crumble, combine all ingredients in a small mixing bowl. Sprinkle this mixture over the blueberry and apples, making sure that they're completely covered.
6. Bake for around 15 minutes, or until golden.
7. Serve warm with vanilla coconut yoghurt or your favourite ice cream.

GOOEY CARAMEL SLICE



MAKES 8 – VEGAN

CARAMEL LAYER

2 cups Medjool dates, pitted
1/2 cup cashew butter
1/4 cup rice malt syrup
1/4 cup mesquite powder (or lacuma)
1/2 tsp good quality salt
1/4 cup coconut condensed milk

BASE

3/4 cup pecans
1 1/2 Tbsp coconut flour
1/3 cup cacao powder
9 Medjool dates, pitted
Pinch of good quality salt

CHOC TOP

1/4 cup coconut oil, melted
1 Tbsp cashew butter
1/3 cup rice malt syrup
1/3 cup cacao powder

METHOD

1. Line a 15cm square tin with baking paper.
2. To make the base, add the pecans, coconut flour, cacao powder and salt to a high speed food processor and blitz into fine crumbs. Then add the dates and pulse until a sticky ball forms.
3. Press the dough into the lined tin, creating a firm and even base.
4. For the caramel layer, add all the ingredients into the blender and blitz until very smooth. Scrape down the sides at least once. Pour this over the base and smooth with a hot spoon.
5. Place the tin in the freezer whilst the choc top is being made.
6. For the choc top, place the coconut oil, cashew butter, rice malt syrup and cacao powder into a bowl and whisk until smooth. Spread over the caramel layer.
7. Return the tin to the freezer for at least three hours.
8. To serve, remove from the tin and allow to defrost for 5 minutes, then slice using a very hot knife. It can be eaten straight away or allow to defrost further for a more gooey and chewy slice.

YOU CAN FIND US NATIONALLY IN THESE LOCATIONS:

NSW

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

ACT

Belconnen
Dickson

SA

Glenelg
Mitchem


WA


Clarkson
Floreat
Vic Park

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


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