STRAIGHT FROM THE SOURCE...

OUR STORY, ZERO WASTE LIVING, TIPS & RECIPES



the source

WINTER EDITION

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.

MEDJOOL 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

BREAKFAST

TAHINI & PEANUT BUTTER BUCKWHEAT PANCAKES

DARK CHOC CHIA PUDDING BOWLS

WHAT YOU'LL NEED

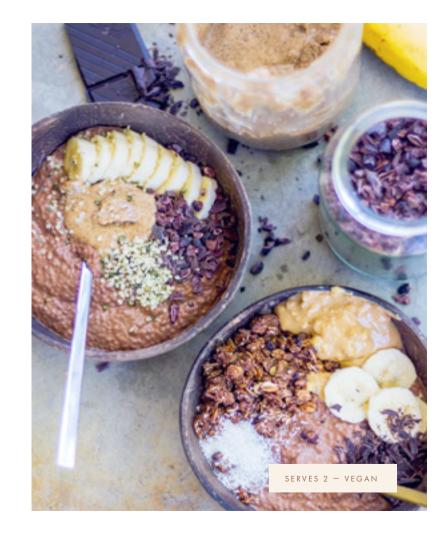
1/4 cup chia seeds4 Tbsp cacao powder1 cup coconut milk2 Tbsp maple syrup

1 tsp vanilla extract

TOPPINGS

Your favourite granola Dollop of peanut butter Shredded coconut Hemp seeds

- 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.





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

- 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 cup water
- 1 cup almond milk
- 1 tsp turmeric
- 1 tsp cinnamon
- 1/4 tsp nutmeg
- 1 tsp ground ginger

1 generous pinch of black pepper 1/2 Tbsp hemp seeds 1/2 Tbsp chia seeds 1/2 Tbsp linseed 1 Tbsp maple syrup (optional) Seasonal fruit, coconut yoghurt & nuts to serve,

- 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.
- 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!





SNACKS

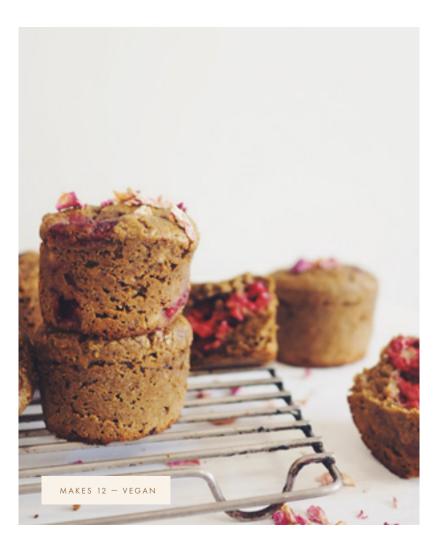
RAW CHOCOLATE WITH NUTS & SEEDS

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

- 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!





RASPBERRY MATCHA MUFFINS

WHAT YOU'LL NEED

1/2 cup spelt flour
 1/2 cup banana flour
 1/3 cup coconut sugar
 2 tsp baking powder
 1 tsp matcha powder
 1/2 ripe banana, mashed

1 Tbsp rice malt syrup
 3/4 cup almond milk
 1 tsp vanilla powder
 1 cup frozen raspberries

- 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.
- 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.



LUNCH & DINNER



COCONUT CURRY

WHAT YOU'LL NEED

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

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.

RECIPE & IMAGE BY LONI JANE | @LONIJANE

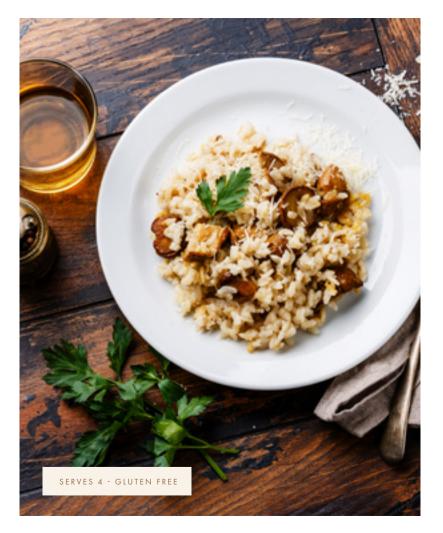
CHANA DAHL SOUP WITH PEPITAS

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)

- 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.





CHICKEN, MUSHROOM & THYME RISOTTO

WHAT YOU'LL NEED

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

- 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.
- 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

CHOCOLATE PUDDING

WHAT YOU'LL NEED

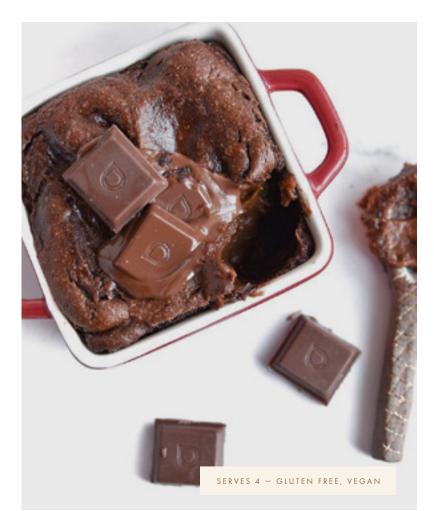
2 Tbsp cocoa powder

1 cup wheat-free flour (or oat flour with 1 tsp tapioca flour or ground linseed added). 1 cup coconut sugar

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

- 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.





BLUEBERRY & APPLE MAPLE OAT CRUMBLE

BLUEBERRY & APPLE COMPOTE

CRUMBLE

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 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.
- 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.
- 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.

RECIPE BY HANNAH SINGLETON | @HEALTHYLUXE

GOOEY CARAMEL SLICE



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

3/4 cup pecans1 1/2 Tbsp coconut flour1/3 cup cacao powder9 Medjool dates, pitted

Pinch of good quality salt

BASE

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1/4 cup coconut oil, melted1 Tbsp cashew butter1/3 cup rice malt syrup1/3 cup cacao powder

METHOD

1. Line a 15cm square tin with baking paper.

- 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.
- 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.
- 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.

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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

