



- ✓ Economical meal solution
- ✓ Just add water for a hearty soup
- ✓ versatile - add your own ingredients
- ✓ Hearty & warming
- ✓ Also available in a low salt option

**Key Nutrition Information per 100ml**  
Vegetable variant when prepared as directed

Energy (kj)	Protein (g)	Total Fat (g)	Total Carbs (g)
133	1.7	0.1	6.3

210gm pack makes 2 litres (10 x 200ml serves)

**INSTRUCTIONS:**

Stove top:

Place 2.3 litres (9 cups) of hot water in a large saucepan. Mix in King Soup Mix then bring to the boil. Reduce heat and simmer gently for 1-1<sup>1/2</sup> hours or until soup thickens. Stir occasionally.

Microwave:

Place 2 litres (8 cups) of hot water in a large dish (3 litre capacity) Mix in King Soup Mix then microwave on high for 10-15 minutes. Stir then microwave on medium for 40-45 minutes. Do now allow to boil.

*Flavour range:*

*Hearty Vegetable (Low Salt), Vegetable, Country Chicken, Pea & Ham, Minestrone*

 **Old Fashioned™**  
FOODS GROUP

*... food the way it should be*



## Minestrone Soup with a Tuscan Twist

Makes 10 x 200ml serves

210g packet King Minestrone Soup Mix  
400g can diced tomatoes in tomato juice  
2 medium ham steaks - diced  
300g can baked beans  
1 cup grated cheese  
Fresh Italian Parsley or Oregano

Add King Minestrone Soup Mix to a large pan following the directions on the back of the pack. Add the canned tomatoes and ham steaks to the soup. Five minutes before the end of the cooking time add the baked beans. Garnish with Grated cheese and fresh herbs.

## Hearty Wholesome Vegetable Soup

Makes 10 x 200ml serves

1 packet King Hearty Vegetable Soup Mix  
1 large carrot – peeled and grated  
2 cups peeled cubed pumpkin  
1 to 2 cooked sausages or choritzo

Add King Hearty Vegetable Soup Mix to a large pan following the directions on the back of the pack. Add grated carrot, pumpkin and sausage and cook till vegetables and pulses are tender. Serve hot with a bread roll.

*Alternative serving suggestion:  
Make small sausage balls from uncooked sausage meat, rolling balls in flour to prevent sticking to your hands. Add these to the soup about 20 minutes before the end of cooking. Cooking time will depend on size of meatballs.*



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- ✓ Contains no sugar
- ✓ Economical refreshing drink
- ✓ Great taste

**Key Nutrition Information per 100ml**  
Orange variant when prepared as directed

Energy (kj)	Protein (g)	Total Fat (g)	Total Carbs (g)
2	Nil	Less than 0.01	0.2

540ml bottle makes 21.6 litres (108 x 200ml serves)

**INSTRUCTIONS:**

Add 1.5 teaspoons of Thriftee per 1 litre of water.

*Flavour range:*

*Orange, Orange Mango, Raspberry,  
Colour free Raspberry, Lime, Pineapple Orange*



## Make a Shake

- ✓ Great shakes – just add milk
- ✓ Mixes instantly

1kg makes 19.8 litres (66 x 300ml serves)

### INSTRUCTIONS:

Add 3 tsp of Make a Shake to 300ml cold milk and mix.

### Flavour range:

Banana, Caramel, Chocolate, Raspberry, Strawberry

### Key Nutrition Information per 100ml

Strawberry variant when prepared as directed with homogenised milk.

Energy (kj)	Protein (g)	Total Fat (g)	Total Carbs (g)
339	3.3	3.4	9.6

## Make it Thick

- ✓ Transforms milkshakes into a thick shake
- ✓ Compatible with all flavours in the Make a Shake range
- ✓ Ideal thickener for people with swallowing problems

1kg makes 30 litres (100 x 300ml serves)

### INSTRUCTIONS:

Add 1 tsp of Make it Thick to 300ml cold milk. Mix on high speed until thick and frothy.



- ✓ Contains no added sugar
- ✓ Fat free
- ✓ Low calorie – only 9 calories per serve  
(compared to 68 calories in standard jelly)

Key Nutrition Information per 100ml Raspberry variant when prepared as directed			
Energy (kj)	Protein (g)	Total Fat (g)	Total Carbs (g)
30	1.6	nil	0.3

300g box makes 13.6 litres (109 x 125ml serves)

**INSTRUCTIONS:**

1. Mix Hansells Low K Jelly crystals with boiling water.
2. Stir to dissolve.
3. Chill to set.

**SERVING SUGGESTION:**

Top with fresh fruit

*Flavour range:*

*Lime, Raspberry, Strawberry, Pineapple, Orange*



- ✓ Contains less sugar than standard instant desserts  
(Chocolate 2.5g per 100ml)
- ✓ Just add water
- ✓ Sets in 10 - 15 minutes
- ✓ Resealable pouch for easy storage

**Key Nutrition Information per 100ml**  
Chocolate variant when prepared as directed

Energy (kj)	Protein (g)	Total Fat (g)	Total Carbs (g)
109	1.6	0.3	4.9

**2kg pack makes 12.5 litres (100 x 125ml serves)**

**INSTRUCTIONS:**

Sprinkle Hansells Low K dessert on top of water. Whisk well with rotary beater (approximately 60 seconds) scraping down the sides of the bowl. Pour into serving dishes and refrigerate for 10-15 minutes until set.

**SERVING SUGGESTION:**

Slice canned pears and apricots in natural juice in serving glasses or bowls. Make Hansells Low K chocolate flavour instant dessert, chill and pour over. Garnish with a sprig of mint.

**Flavour range:**

*Vanilla, Caramel, Chocolate, Raspberry*



- ✓ Approx half the calories of standard mousse
- ✓ Just add milk
- ✓ Sets in 30 minutes
- ✓ Resealable pouch for easy storage

**Key Nutrition Information per 100ml**  
Chocolate variant when prepared as directed

Energy (kj)	Protein (g)	Total Fat (g)	Total Carbs (g)
203	3.1	2.0	6.9

**1.5kg pack makes 18.75 litres**  
(150 x 125ml serves)

**INSTRUCTIONS:**

Add Hansells Low K Mousse mix to cold milk and beat on low speed until thickened. Whip on high speed for five minutes or until mousse has doubled in volume. Spoon into serving dishes and chill for 30 mins before serving.

**SERVING SUGGESTION:**

Strawberry Mousse garnished with blueberries.

*Flavour range:*

*Chocolate, Strawberry*



- ✓ New formulation, 25% less sugar
- ✓ Contains added vitamin C
- ✓ Simple to make: just add water and mix
- ✓ Comes in 2 Food Service sizes
- ✓ Contains a scoop for easy measuring

Key Nutrition Information per 100ml Navel Orange variant when prepared as directed			
Energy (kj)	Protein (g)	Total Fat (g)	Total Carbs (g)
113	Nil	Less than 0.1	6.8

**1.4kg pack makes 20 litres (100 x 200ml serves)**  
**11kg pail makes 157 litres (785 x 200ml serves)**

**INSTRUCTIONS:**

TO MAKE	VITAFRESH	ADD WATER
200ml glass	14g (3 tsp)	200ml
5 servings (1 ltr)	70g (1/4 cup)	1 litre
25 servings (5 ltrs)	350g (1 1/2 cups)	5 litres
100 servings (20 ltrs)	1.4kg (contents of pack)	20 litres

*Flavour range: 1.4 kg makes 20 litres*

*Fruit Cup, Hawaiian Pineapple, Navel Orange, Orange Mango*

*Flavour range: 11 kg makes 157 litres*

*Colour Free Orange, Fruit Cup, Hawaiian Pineapple, Jamaican Lime, Orange Mango, Sweet Navel Orange, Raspberry, Lemon Barley*



*... food the way it should be*



- ✓ Just add milk
- ✓ Sets in 10 - 15 minutes
- ✓ Resealable pouch for easy storage
- ✓ Three great tasting flavours

**Key Nutrition Information per 100ml**  
Chocolate variant when prepared as directed

Energy (kj)	Protein (g)	Total Fat (g)	Total Carbs (g)
554	3.3	4.1	21

**2.5kg pack makes 17.5 litres (140 x 125ml serves)**

**INSTRUCTIONS:**

Sprinkle Instant dessert on top of milk. Whisk with a rotary beater until well mixed (20-30 seconds). Pour into serving dishes and refrigerate for 10-15 minutes until set.

**SERVING SUGGESTION:**

Place slices of unfilled, rolled chocolate sponge in serving bowls, sprinkle with a selection of berries - strawberry, raspberry, blackberry. Pour over liquid Hansells Low K raspberry jelly. Top with Hansells vanilla flavour Instant Dessert.

*Flavour range:*

*Vanilla, Strawberry, Chocolate*



- ✓ Ideal replacement for sugar
- ✓ Contains no lactose
- ✓ Contains no aspartame
- ✓ Contains no phenylalanine

### Usage Comparison

Sugar	Sucaryl Liquid	Sucaryl Sticks
1 tsp (17 Calories)	8 drops (0 Calories)	< 3 Calories
1 tbsp	1/2 tsp	
1/2 cup	1 tbsp	
1 cup	2 tbsp	

### SUCARYL STICKS (granule):

- Each stick contains the equivalent sweetness to 1 tsp of sugar
- Each stick contains less than 3 calories
- Designed specifically for use in hot drinks
- Contains no lactose
- Perfect for cafes and restaurants
- 500 sticks per box

### SUCARYL 2 LITRE (liquid):

- Contains Zero Calories
- Stable at high temperatures – ideal for baking, preserves or hot drinks.
- Has a 4 year shelf life



## Citrus Topping

- 1/4 cup orange juice
- 1/4 cup lemon juice
- 1 tablespoon Sucaryl liquid sweetener
- 2 tablespoons orange and lemon zest
- 3 Sucaryl sticks

## Citrus Cake with citrus topping

- 250ml Alfa One Rice Bran Oil
- 2 1/2 tablespoons Sucaryl liquid sweetener
- 6 eggs
- 125ml orange juice
- 1 tablespoon grated orange zest
- 500g flour
- 2 tablespoons baking powder
- Alfa One Rice Bran Oil Spray

**CAKE:** Preheat oven to 180°C. Line a 30 x 24 cm baking dish and spray with Alfa One Rice Bran Oil Spray. Place oil, Sucaryl, eggs, orange juice and zest in a large bowl and beat until well mixed. Sift the flour and baking powder together and add to mixture. Mix until combined. Place the mixture in the prepared dish and bake for about an hour or until a skewer inserted into the middle comes out clean. Remove from oven and cool.

**TOPPING:** Mix the orange, lemon juices and Sucaryl together and pour over the cake. Sprinkle with orange and lemon zest. Cut into pieces and serve. Variation - Serve as a dessert with lite yoghurt.

## Oaty clusters

Makes 50

- 250ml Alfa One Rice Bran Oil
- 2 tablespoons Sucaryl Liquid sweetener
- 2 eggs
- 1 teaspoon Hansells Vanilla Essence
- 130g flour
- 100g rolled oats
- 250g unsweetened untoasted muesli
- Alfa One Rice Bran Oil Spray

Preheat the oven to 180°C. Line two baking trays with baking paper and spray with a little Alfa One Rice Bran Oil spray. Place the oil, Sucaryl, eggs and Hansells Vanilla Essence in a large bowl and mix well. Mix in the flour, rolled oats and muesli. Place heaped teaspoons of the mixture on the tray, flatten slightly with a fork. Bake in preheated oven for about 12 minutes until golden and cooked. Leave to cool on the tray.



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- ✓ High smoke point (250°C)
- ✓ Light Flavour
- ✓ High in vitamin E
- ✓ Rich in plant sterols
- ✓ Reduces cholesterol absorption
- ✓ Mono-unsaturated
- ✓ Zero grams of trans-fats

Available in:

Oil – 500ml, 1L, 2L, 4L and 15L packages

Oil Spray – 225gm

Bulk packages also available upon request.

Key Nutrition Information - per 14gm (1 metric Tbsp)

Energy (kj)	518
Protein (g)	0
Total Fat (g)	14
Saturated	3.1g
Trans Fatty Acids	0g
Polyunsaturated	4.8g
Monounsaturated	5.7g
Total Carbohydrate (g)	0
Cholesterol (g)	0
Sodium (g)	0
Oryzanol (mg)	70
Vitamin E (mg)	3.5



Produced from premium Thai rice, Alfa One Rice Bran Oil is so popular that the 500ml bottle is now the No.1 seller in its category (in supermarkets). It is simply one of the healthiest and most versatile oils you can use when cooking.

### GOOD FOR YOU... GOOD FOR YOUR FOOD

Alfa One Rice Bran Oil is cholesterol-free and has a high level of mono-unsaturated fatty acids including essential Omega-3. High in natural anti-oxidants including Vitamin E and gamma oryzanol (a plant sterol found only in rice) which has been shown to reduce cholesterol absorption.

### THE MOST VERSATILE OIL IN THE KITCHEN

These products have a multitude of uses in your kitchen. Alfa One Rice Bran Oil can be used for stir-fry, pan-fry, chargrill, barbeque, roasts and in your deep-fryer. It is premium cooking oil with low viscosity, subtle taste (that means your customer will taste the food not the oil) and a very high smoke point (250°C). Use Alfa One Rice Bran Oil in Marinades to bring out the flavour and tenderness in meats, its mild flavour and aroma make it ideal for salads, in vinaigrettes, mayonnaise and aioli.

## Whitebait Fritters

Serves 4-5

2 Eggs

1 tablespoon Alfa One Rice Bran Oil

2 pinches Sea Salt

1/2 cup flour

250g Whitebait

50mls Kilkenny or Guinness

1 tsp Alfa One Rice Bran Oil Spread  
for cooking

Lemon Wedges

Beat the eggs with the Alfa One Rice Bran Oil, add salt and flour. Gently mix in the whitebait, then the beer. Heat the Alfa One Rice Bran Oil Spread in a large frying pan or on a barbeque plate. Drop spoonfuls of the whitebait mixture on to the heated surface, cook until golden on both sides (about 45 seconds each side). Serve with lemon wedges.



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- ✓ Ready Baked traditional Yorkshire puddings
- ✓ Two sizes, 2" individual and 6" dinner
- ✓ Suitable for vegetarians
- ✓ Roast Dinners
- ✓ Finger Food
- ✓ Yorkshire Breakfast
- ✓ Pizza Bases

**Key Nutrition Information - per 100gm**

Energy (kj)	1101
Protein (g)	8
Total Fat (g)	10
Total Carbohydrate (g)	35
Dietary Fibre	2.9
Sodium (g)	0
Oryzanol (mg)	70
Vitamin E (mg)	3.5

*Available in 120 x 2" Individual and 20 x 6" Dinner size*

**INSTRUCTIONS:**

Store Frozen -18°C. Heat from Frozen.  
Best Heated in a Conventional or Grill Oven.  
Preheat Oven to 220°C. Place in near top of oven on a baking tray for 2-4 minutes until crisp and hot.

**OTHER SERVING SUGGESTIONS:**

Cream cheese and smoked salmon, Scrambled egg and bacon, Mushrooms in sauce, Custard with fruit on top, Toad in the hole.

**Gravy Browning**

*2 litres - Provides a nice rich colour for sauces*



- ✓ Delicious single serve puddings.
- ✓ Simply heat for 30 seconds in the microwave
- ✓ Ideal for portion control. Helps you control costs for your business
- ✓ Wide range of popular flavours

## Single Serve Puddings

12 x 105gm

*Flavour range:*

*Chocolate Fudge, Golden Syrup, Toffee & Date, Goosey Caramel, Belgian Chocolate, Butterscotch & Pecan, Plum*

### INSTRUCTIONS:

Simply heat for 30 seconds in the microwave.



- ✓ Proud New Zealand Heritage
- ✓ Concentrated Essence flavours
- ✓ 3 all new Natural Essence options

## Food Colourings

<b>1Ltr</b>	Blue	Green
	Red	Yellow
<b>25Ltr</b>	Blue	Red

## Essences

<b>500ml Flavoured</b>	Almond Orange Rum	Lemon Raspberry Vanilla
<b>500ml Natural</b>	Almond Vanilla	Peppermint
<b>500ml Extract</b>	Gourmet Vanilla with seeds	
<b>2Ltr Flavoured</b>	Lemon	Vanilla
<b>25Ltr Flavoured</b>	Colour Free Vanilla Vanilla	