



welcome

We would like to offer a great big welcome to all the visitors in town at the moment. We're already seeing visitors through the cafe and I'm sure there are a lot more to come. Our Facebook page is proving popular as word spreads. It's updated several times a week with tasty tips on what's available in the baking cabinet, a new offer from the kitchen or some other newsworthy event. Feel free to forward the page to anyone you think would like to receive it. We now have a good stock of the new Nelson Arts Guide. It's a great little publication, packed full of art and cultural info from the region, and costs just \$15.

coffee card draw

Congratulations to:

Helena Patterson
Mara McIntyre

Bring this newsletter in to the cafe during the next month to receive a bag of Atomic coffee, ground to your needs

what's hot

A new baking feature that's making a hit is the Currant & Rum Baba. This cafe-take on an old European favourite delivers a sweet hit of currants and rum syrup in a firm yeasty bun. First recorded in Poland, it was brought to France as a dessert in the 1700s by the Polish king. Cooked in a cylindrical mould, it is then soaked in sugar syrup. In a later version, Baba au Savarin, the centre was filled with pastry cream, creme chantilly or fresh fruit.

our allergy-free foods

A good number of dishes on our menu are either wheat, gluten or dairy free. For those who enjoy a soy milk coffee we use a soy milk which is lower in fat and sodium, has no added cane sugar, and is organic and gluten-free.

our retail area

Take home a pack of our cafe-made muesli, W&GF bread, hummus, cashew nut & capsicum pesto or mayonnaise. Or try the Kakariki EV olive oil, Atomic coffee or Fair Trade dark hot chocolate powder.

See us on Facebook 
September 2011

morrison's recipes

Here's a high energy snack that is great to pop into lunch boxes and picnic baskets, or to enjoy with a hot drink. The recipe makes 14-16 bars.

muesli and fruit bar

- 3/4 cup desiccated coconut
- 1 cup diced apricots
- 1 cup cranberries
- 2 apples - peeled, cored and diced finely
- 1/2 cup crystallised ginger - finely chopped
- 1 cup self-raising flour
- 1 cup wholemeal flour
- 2 tsp baking powder
- 1/2 cup brown sugar
- 1 1/2 cups muesli
- 2 cups natural yoghurt
- 4 eggs
- 1/2 cup oil
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- Whisk eggs, yoghurt and oil in a bowl
- Put all other ingredients in a second bowl and pour egg mixture over this
- Mix by hand until combined
- Grease a swiss roll tin with oil and line with baking paper
- Pour mixture into tin and spread until even
- Bake at 180C for 25-30 mins or until a skewer comes out clean
- Chill and cut into bars

upcoming exhibitions

4 – 24 Sept	Karen Anker Jeanna Packer
25 Sept – 15 Oct	Kathryn Furniss Eric Huckle



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