

HELSINKI MILLS

- Since 1934 -

PURE GOODNESS FROM FINLAND

Grown under the Midnight Sun

**Delicious and Easy
Gluten-free Recipes
to Test!**

**Oats are a Finnish
Super Food at Its
Best**



Luminous Finnish Oats for Wellbeing



Our passion is to nourish well-being through healthy and innovative grain-based solutions with respect for nature and sustainability.

Oats are a Finnish super food at its best. Our oats grow on pure oats fields under the midnight sun, in the Nordic climate with cooler summers.

The small golden grain is packed with nutrients that cater to your health and wellbeing in many ways. Oats provide you with energy, slow releasing carbohydrates, fibres, protein and soft fats, as well as a whole host of vitamins, minerals and other beneficial ingredients.

Health Claims Approved by The EU

The EU has approved health claims for oats that tell about their beneficial properties. Oats contain the fibre, beta-glucan, which has been found to be a health promoting miracle material.

- Regular intake of beta-glucan helps keep cholesterol in check (3 g per day)
- The beta-glucan helps to level out blood sugar rises after meals (4 g of beta-glucan / 30 g of carbohydrates)
- Oat fibre-rich properties benefit the stomach (6 g / 100 g of food product consumed)

Family Owned Company in 4 Generations



Helsinki Mills is a Finnish Milling company. Our roots date back to the 17th century. We emphasize high quality standards and environmental values in our production. Our production process has been carbon-neutral since 2020 as we became the first carbon-neutral mill in Finland. We use only renewable energy in our production and our bio energy plant in Vaasa produces all the heat energy it needs by burning oat shells.



**GLUTEN-FREE
SAVORY
DELICACIES**

GLUTEN-FREE WAFFLES

(10 pcs)

4 dl milk
1 dl mineral water
3 eggs
pinch of salt
4-5 dl Helsinki Mills Gluten-free all purpose baking mix
0,5 tsp baking powder
75 g butter or margarine, melted
For frying: butter or oil

Measure the milk and mineral water into a mixing bowl. Break in the eggs and mix. Combine the dry ingredients and add to the mixture. Mix until smooth and let rise for 15-30 minutes.

Fry in a hot, greased waffle iron or in a waffle pan until golden brown. Serve warm with delicious savory toppings. If you want sweet waffles, serve them with e.g. fresh berries and honey.



SAVORY & SWEET – GLUTEN-FREE

CHOOSE YOUR
FAVORITE
TOPPINGS

GLUTEN-FREE PIZZA

(3 round pizzas)

DOUGH

3,5 dl water

500 g Helsinki Mills Gluten-free pizza flour

5 g fresh yeast (size as one pea)

pinch of salt

0,5 dl extra virgin olive oil



TOPPINGS

tomato sauce, cheese and your own favorites, olive oil

Start by mixing the water with the yeast, letting the yeast dissolve completely. Slowly add 50% of the flour. Mix briefly to allow the ingredients to blend together. Then, gradually, add the rest of the flour. Mix 5 minutes and add the salt. Gradually add oil, mix for a while longer.

Add some gluten free flour to your work surface. Then gently, with your fingers, stretch the dough into a round shape and let it rest for one hour. Put on top tomato sauce, cheese and your favorite toppings. Bake on a pizza stone for 5-7 minutes at 300 °C. Drizzle with olive oil and you're ready to taste.



Contains
Finnish Gluten-
free whole grain
oats flour

OVERNIGHT OATS WITH APRICOT & RASPBERRY

(3 – 4 portions)

- 3 dl Helsinki Mills Gluten-free Overnight Oats Apricot & Raspberry
- 6 dl natural yoghurt on top raspberries and apricot



Combine oats and yoghurt in big bowl and mix well. Cover the mixture and leave it to rest overnight in the refrigerator. In the morning take a portion for breakfast and decorate it with raspberries and apricot. Enjoy!

TIPS! The overnight oats can be stored in the refrigerator a few days.



OVERNIGHT OATS WITH VANILLA & LIME

(two portions in bowls)

- 3 dl Helsinki Mills Gluten-free Organic Instant Oat Flakes
- 3 tbsp chia seeds
- 4-5 dl coconut, cashew or almond milk
- 0,5-1 tsp vanilla powder
- 1 lime (juice)
- 0,5 lime (peel)
- 1 tps-1 tbsp honey on top fresh berries, nuts or fruit



Combine the dry ingredients. Add other ingredients and mix well. Check the taste. Put the mixture in two bowls with a cover and leave it to rest overnight in the refrigerator. In the morning put on top your favorite berries, nuts or fruits and enjoy!



TIPS! Use one portion bowls and you can enjoy your overnight oats straight from the bowl!

TIPS! If you choose greasy coconut milk, you can use 50% water and 50% coconut milk.

**'DRINK YOUR
GREENS!'**

FRESH GREEN SMOOTHIE

(one portion/glass)

- 1 avocado
- ½ pot mint or lemon balm
- 1 large kale leaf
- 1 apple
- 3 dl almond milk
- 2 tbsp Helsinki Mills Gluten-free Papaya Muesli
- 3-4 tsp honey
- 1 tbsp lemon juice



Halve the avocado and remove the pit. Scoop out the fruit and place into a food processor. Remove the hard stalks from the kale leaf and put the leaf in the food processor. Wash the apple well, remove the core, and then add the apple pieces to the food processor. Pour in the almond drink and add the Papaya Muesli, honey, and lemon juice. Blend until frothy.



GLUTEN-FREE FOR BREAKFAST & BRUNCH



TAKE AWAY TIPS!

Make a few portions of the smoothie at the same time and take some with you for lunch. All day energy!



ZERO WAIST TIPS!
You can use left-over porridge in this recipe.

SWEET PORRIDGE DESSERT FOR BRUNCH

(2 portions)

2 portions porridge made with Helsinki Mills Organic Gluten free Rolled Oats
2 dl cream
4 dl strawberries
1 tsp vanilla sugar

Cook the porridge according to the instructions on the package and place in the refrigerator until cold. Put the cold porridge and other ingredients in a bowl and whisk until light and fluffy. Decorate with strawberries.





**A PERFECT
BRUNCH
MOMENT**

VERSATILE GLUTEN-FREE PORTFOLIO OF HIGHEST QUALITY

Our gluten-free products are manufactured from oats that are gluten freely cultivated by our contracted Finnish farmers. Because of our long frost winter period there is less need for plant protection.



GLUTEN-FREE PRODUCTS



Gluten-free All purpose baking mix 500 g



Gluten-free Pizza flour 500 g



Gluten-free Over-night oats Apricot & Raspberry 400 g



Gluten-free Organic Instant Oat Flakes 400 g



Gluten-free Papaya muesli 350 g



Gluten-free Organic Rolled Oats 400 g