



NOVEMBER 2013

BOSCH KITCHEN CENTRE

www.healthykitchens.com

1-888-735-1044

carol@healthykitchens.com

Mon-Fri 9am- 5pm



LAYAWAY AVAILABLE FOR CHRISTMAS



Gearing up for the holiday season? Let us help! Whether you are treating yourself or buying a gift for a loved one, or if you need kitchen tools to help prepare for your holiday baking, we would love to answer any questions you may have!

Call us at 1-888-735-1044 for more info

LOWER PRICE!



BOSCH UNIVERSAL PLUS MIXER

NEW LOW PRICE

\$439.99 (reg \$499.99)

Includes 800W Mixer, 6.5 qt bowl, splash ring, lid, dough hook and french whips

FREE SHIPPING IN CANADA (excluding Air-Stage)



BOSCH UNIVERSAL PLUS with COOKIE PADDLES & METAL DRIVE

Buy a Bosch Universal Plus for

\$439.99

& add a set of Cookie Paddles for only **\$10.00** (reg \$38.00)

TOTAL PRICE \$449.99

FREE SHIPPING IN CANADA

BOSCH UNIVERSAL PLUS with BLENDER ATTACHMENT

Buy a Bosch Universal Plus for

\$439.99

& add a Blender

for only **\$45.00** (reg \$79.99)

TOTAL PRICE \$484.99

FREE SHIPPING IN CANADA

BOSCH UNIVERSAL PLUS with NEW STYLE SLICER/SHREDDER

Buy a Bosch Universal Plus for

\$439.99

& add a New Style Slicer/Shredder

for only **\$55.00** (reg \$79.99)

TOTAL PRICE \$494.99

BUNDLE & SAVE!

BUY THE BOSCH UNIVERSAL PLUS WITH ALL THE SPECIALS AND SAVE \$126.99!

PACKAGE INCLUDES :
BOSCH UNIVERSAL PLUS, NEW SLICER/SHREDDER, BLENDER & COOKIE PADDLES

TOTAL PRICE \$516.99 (REG \$643.96)

FREE SHIPPING IN CANADA





NUTRIMILL CLASSIC & MINI COMBO

NutriMill Classic: Adjustable motor speed for increased texture control. 20 cup capacity and Stainless pre-cracker milling heads.

The NutriMill Mini will grind coffee beans and any other oily seed or grains that cannot be milled with the NutriMill Classic. Coarse meal to fine pastry flour. Stainless blades. Push/Pulse operation

Our Price: \$259.99 \$16 SHIPPING

NEW STYLE SLICER SHREDDER



\$74.99

OUR NEWEST BOSCH ATTACHMENT!

Designed to fit over the Bosch Universal Plus and Bosch Universal Mixer bowls. Allowing you to shred, dice & slice directly into the 6.5 Qt bowl. Great for LARGE QUANTITIES!

More info....

NEED HELP CHOOSING THE RIGHT ATTACHMENT FOR YOUR BOSCH?

NEW STYLE SLICER? CLASSIC SLICER? FOOD PROCESSOR?

WE PUT TOGETHER A COMPARISON CHART

[CLICK HERE FOR MORE INFO...](#)



FEATURED GRAIN - HULLED OATS

These oats have been processed minimally, only the outer hull has been removed, retaining the nutrients in the grain.

Oats are a low carb and high protein whole grain food. Unlike rolled (or flaked) oats, hulled oats have a layer of bran that digest slowly stabilizing blood sugar levels and maintaining energy levels. Hulled oats can be soaked overnight and eaten like cereal, or can be ground into flour and added to your baking for extra nutrition.

Humungous Cookies – by Lacey Berry

Makes 240 cookies

This recipe is designed to make in the Bosch Universal Plus using the cookie Paddles. Flavour & shape the cookies, then freeze and bake as desired.

Cream butter and sugar for 3 min. Cream in the Bosch mixer bowl with the cookie paddles (attached to a metal drive) start slow at first and increase to speed 3, (we add about ½ the butter first and mix)

3 lbs. butter (room temperature)

4 ½ cups brown sugar

1 ½ cup white sugar



After mixing and texture is smooth add:

12 eggs

Mix for 1 min.

Add:

2 Tbsp. baking soda

2 Tbsp. Mexican vanilla (we scraped 2 vanilla beans inside)

3 tsp. sea salt

If you want your cookies to be soft for a couple of weeks add:

1 package vanilla instant pudding (opt)

Mix in for 10 sec.

Now add 20 cups of flour (all purpose white) 4 cups at a time. You will have to lock the lid on after each addition. Let flour mix into until you can't see it. You can add more flour if the texture is too soft. You want the dough to hold itself up when making spoonfuls. Using the Kuhn Rikon cookie scoop place on greased cookie sheet and bake at 350 degrees F. for 8-10 min. Or split the dough into 5 equal portions...add one of the variations below. Spoon onto plate or small baking sheet, flash freeze then store in an airtight bag or container.

Variations:

We divide the dough into 5 portions and add one of these additions:

- 1 cup or craisins and 1 cup white chocolate chips
- 1 cup cocoa, 1 ½ tsp. peppermint extract, and 1 cup mint choc. Chips
- 1 cup Reece's pieces, 1 cup cocoa
- 1 cup coconut, 1 tsp. coconut extract
- 2 cups toffee chips, ¾ cup chopped pecans
- 2 cups fruit cake fruit

Or whatever you dream up !!

what's new?



Kuhn Rikon Hot Pan—3L Green
Modern cookware for the modern life-style. Add food to inner pot, heat on stove, remove from heat and allow to continue cooking slowly in the colorful insulated sleeve.

\$174.99

BOSCH COMPACT WITH STAINLESS STEEL BOWL

Same great mixer with a durable easy to clean bowl. Now you can handle recipes that include hot liquids! Includes mixer, bowl, dough hook and 2 whisks

\$339.99 (free shipping in Canada)

Kuhn Rikon Pastry/Pizza Roller

Smart little pastry roller that has detachable cutter for decorative edging. Dishwasher safe

\$15.99

Cooking & Baking with Fresh Flour

So you have a grain mill and you've mastered your bread recipe...now what? This book, from the distributors of Family Grain Mill, will show you techniques and recipes to help expand your fresh baking repertoire!

\$16.50

Cooking & Baking with Fresh Ground Flour Complete Grain Guide



OUR FAVOURITE BREAD MAKING TIPS

When rising dough, to test if it has doubled in size, press finger lightly and quickly into dough. If indent springs back, let rise additional time. If indent remains or comes back slowly, dough has risen enough.

OUR ESSENTIAL KITCHEN GADGETS

PERFECT HOST GIFTS, STOCKING STUFFERS & MORE!



GIFT IDEAS FROM SOME OF OUR FAVOURITE VENDORS



ZOJIRUSHI HOME BAKERY SUPREME

Our best selling Auto-Bakery! Programmable, Digital, makes traditional shaped 2lb loaves. Jam & Cake settings

OUR PRICE \$289.99

Zojirushi Rosemary Cranberry Whole Wheat Bread

- 1-3/4 cups water
- 2 tsp. salt
- 2 cups whole wheat flour
- 2 Tbsp. butter
- 2-2/3 cups bread flour
- 2 tsp. active dry yeast

When beeps sound, add 3/4 cup chopped dried cranberries

SWISS DIAMOND COOKWARE

Revolutionary non-stick cooking surface combining diamonds and nano-technology
Heavy duty, professional quality
Available in a range of sizes, from try me size to Wok size!



INDUCTION PANS AVAILABLE!

SWISS MADE PRESSURE COOKERS

COZY UP WITH YOUR FAVOURITE COMFORT FOODS THIS WINTER!

KUHN RIKON
SWITZERLAND



TOP QUALITY COOKWARE. EASY TO USE.
AVAILABLE IN A VARIETY OF SIZES

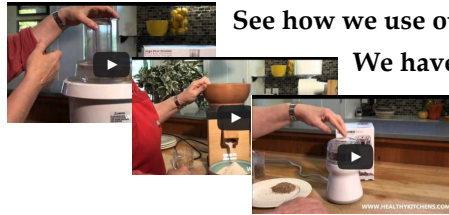
We also carry parts and inserts for Kuhn Rikon Pressure Cookers

GOT A BOSCH FANATIC ON YOUR LIST?

MAKE THEIR DAY WITH ONE OF THESE ATTACHMENTS



CHECK OUT OUR NEWEST DEMO VIDEOS ONLINE!



See how we use our favourite attachments!

We have recipe demos too!

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bamix[®]
of Switzerland

IMMERSION BLENNDERS ACCESSORIES & PARTS



BARGAIN CORNER

USED & DEMO ITEMS - CALL FOR MORE INFO

USED ITEMS FOR SALE	Can\$ price
Bosch Kitchen Machine, 25 years, new style bowl and splash ring, good working condition, incl. dough hook and whips with metal drive.	\$130
Bosch Universal Meat Grinder, as new, still in original box, never used, 25 yrs.	\$125
Bosch Universal Slicer/shredder, good condition, 4 stainless blades includes julienne, 15 years.	\$80
Bosch Universal Bowl Complete - Includes bowl shell, shaft, splash ring, clear lid, 2 French whips & metal drive - good condition - Will fit Bosch Universal and Universal Plus mixers	\$75
Bosch Compact Blender—5 yrs old	\$40
Bosch Universal Centrifugal Juicer—15 yrs	\$65
Bosch Electric Deep Fryer, Good condition - about 8 years old	\$50
Garden Master Dehydrator—Demo, full warranty, like new. 8 trays, 8 mesh sheet, 8 fruit sheets	\$170
Kuhn Rikon 6 litre pressure cooker (3 years old) used twice, like new	\$200
L'Equip Juicer 221 Model Ejector style, large style , good working condition 9 years,	\$70