



WHATS HAPPENING IN JAPAN

The next few months is a busy time for Cocofrio in Japan with taste testings, Expos and Festivals. The hugely popular Organic Lifestyle Expo in Tokyo is being held in early August and in October the Vegan Food Expo is being held in Nagoya. The organic movement is quickly taking off in Japan and here visitors will be able to sample Cocofrio and other produce that contribute to a healthy and sustainable lifestyle.



WHAT TO KNOW ABOUT PLANT-BASED DIET



Going meatless is one of the growing food and health trends of 2019. Whether it be for health reasons or environmental concern, many choose to opt out of their regular diet and go on a plant-based one. If you are considering going plant-based or just want to know more about it, here are some things you should know about.

[Click here](#) to read more about the myths associated with a plant based diet and its benefits.

VEGAN BERRY WAFFLES

Waffles for breakfast, lunch or dinner!

Ingredients: Berry sauce-500 g of frozen berries, 1 tbsp of sugar, ¼ tsp of vanilla extract

Waffles

1 ¼ cup of all-purpose flour, 2 tsp of baking powder, ¼ tsp of salt
3 tbsp of sugar, 1 ½ cup of non-dairy milk, 2 tbsp of coconut oil
2 tsp of vanilla extract, Cocofrio Ice Cream

For instructions on how to make these delicious waffles [click here](#)



WANT TO BECOME A STOCKIST?



If you are wanting to provide Cocofrio to your customers please [click here](#) and contact us. A member of the Cocofrio team will be in touch to assist you with your requirements.



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