



## RISE OF PLANT-BASED CONFECTIONERY AND SNACKS COULD HERALD THE YEAR OF 'HEALTHIER' OPTIONS

Over the years there has been a considerable shift in consumer attitudes towards plant based products and the need to consume a healthier alternative to snacks and confectionery. As a recent article published in Confectionary Production Magazine showed, vegan items rose 17% between 2016-2020 across both the food sector and confectionary ranges.

Cocofrio strives to offer the healthiest and tastiest dessert in the marketplace to keep up with this growing demand.



## COCONUT LEMON POPPYSEED WAFFLES

For a delicious breakfast you can't go past these waffles:

Ingredients-2 cups spelt flour, 2 cups coconut milk (or plant milk of choice), 4 tbs coconut oil, 3 tbs coconut sugar, 1 tbs lemon zest, 1 tbs poppyseeds, 1 tbs fresh lemon juice, 1 tsp baking powder, 1 tsp sea salt, 1 tsp vanilla

In a large bowl combine all the dry ingredients. In a small bowl, combine the lemon zest and sugar. Rub together with your fingers until fragrant. Add the lemon sugar mixture to the dry ingredients.

In a medium bowl, whisk eggs with the remaining wet ingredients. Add the wet ingredients to the dry and stir until just combined. Gently stir in the poppy seeds. Pour waffle batter onto the centre of the hot waffle iron and spread to the sides, cook until waffle is golden on both sides. Top with Cocofrio ice cream, raspberry chia jam and assorted fruits of choice. Enjoy!



## THE BENEFITS OF NATURAL FOOD



If you're looking to improve your overall well-being and focus on consuming natural foods, check out this article from nutritionist Lucy-Ann Prideaux. Lucy sheds some light on what we mean by natural foods, and what foods you should be avoiding in order to stay healthy. For dessert look no further than Cocofrio for your natural fix. For the full article 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.



GLUTEN FREE



VEGAN



NO ARTIFICIAL COLOURS OR FLAVOURS

