

COCOFRIO

Naturally Healthy



THE DAIRY FREE DIET



With health and wellbeing now high priority on everyone's agenda, it is no wonder people are turning to a plant based and dairy free lifestyle. As a result there has been a decline in sales of dairy worth billions of dollars in both North America and Western Europe. With dairy companies, restaurants and retailers coming on board offering consumers an alternative product to dairy, we are seeing better alternatives and an ever-expanding array of plant-based food and dairy-free products.

Click [here](#) if you would like to read further information on this topic.



FODMAP CERTIFIED

Cocofrio is proud to be the first FODMAP certified Ice Cream in the world. Surprisingly 1 in 7 people suffer from IBS-Irritable Bowel Syndrome. A diet low in FODMAPs is scientifically proven to be the most effective way in controlling symptoms of IBS as well as reduce symptoms of fatigue, lethargy and poor concentration.

It is therefore good news for ice cream lovers as you can eat Cocofrio guilt free, and not worry about suffering from any side effects. Instead you will reap the health benefits associated with our dairy free ice cream that is full of natural ingredients.



LOW FODMAP VEGAN STRAWBERRY WAFFLES FODMAP FRIENDLY RECIPE OF THE WEEK



Waffles Ingredients

- 1 ¼ cup of buckwheat flour (or a low FODMAP gluten free flour would work too)
- 2 tsp of baking powder
- ¼ tsp of salt
- 3 tbsp of sugar
- 1 ¼ cup of oat milk
- 2 tbsp of coconut oil
- 2 tsp of vanilla extract

Serve with a scoop or two of Cocofrio.

Click [here](#) for further instructions and to see more delicious FODMAP friendly recipes on their website.

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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