

COCOFRIO

Naturally Healthy



SURVIVING CHRISTMAS FODMAP EDITION

The team at Monash FODMAP have put together their top tips for surviving Christmas.

1. Plan ahead

Freeze meals now before the crazy starts to ensure there are low FODMAP options in the house when things get busy. If your symptoms mainly happen when you are out and about then you may want to look into preparing some low FODMAP snack to have on hand and eliminate the temptation to buy FODMAP filled options.

To read more about how to make Christmas as stress free as possible, click [here](#) to head to their website.



A HEALTHIER CHRISTMAS TRIFLE

For a delicious Christmas dessert the whole family will enjoy, you can't go past our Trifle recipe.

Layer Cocofrio Vanilla Sticky Date Pecan ice cream with Loving Earth caramelised buckinis, housemade cherry chia jam (recipe below), fresh cherries and assorted stonefruit and garnish with good quality chocolate & mint.

Cherry Chia Jam

2 cups pitted cherries (or berries of your choosing), chopped/mashed
4 tablespoons white chia seeds
4 tablespoons rice malt syrup
1 teaspoon vanilla extract
Combine in a small saucepan over low heat until smooth and thickened. Cool before using in trifle. Can be stored in the fridge in an airtight jar for two few weeks.



HAPPY FESTIVE SEASON

The team at Cocofrio wish you and your families a wonderful festive season and a happy and healthy 2021. Thank you for your support throughout the year and we look forward to another successful year working with you and continuing to provide our customers with the healthiest and tastiest frozen dessert in the market place.



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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