

COCOFRIO

Naturally Healthy



TIPS TO STAYING HEALTHY DURING COVID-19

The current climate has upturned everyone's daily routines, making it more important than ever to become health conscious and adopt healthier habits. There are many ways we can do this through eating healthy foods, exercising regularly which is both good for physical and mental wellbeing and practising mindfulness techniques such as meditation.

It is important to look for the positives such as having more time to rediscover cooking skills, tackling a task that you have put off for months on end, and spending more quality time with family.

Click [here](#) to read more on this topic and how we can make the most out of a difficult situation.

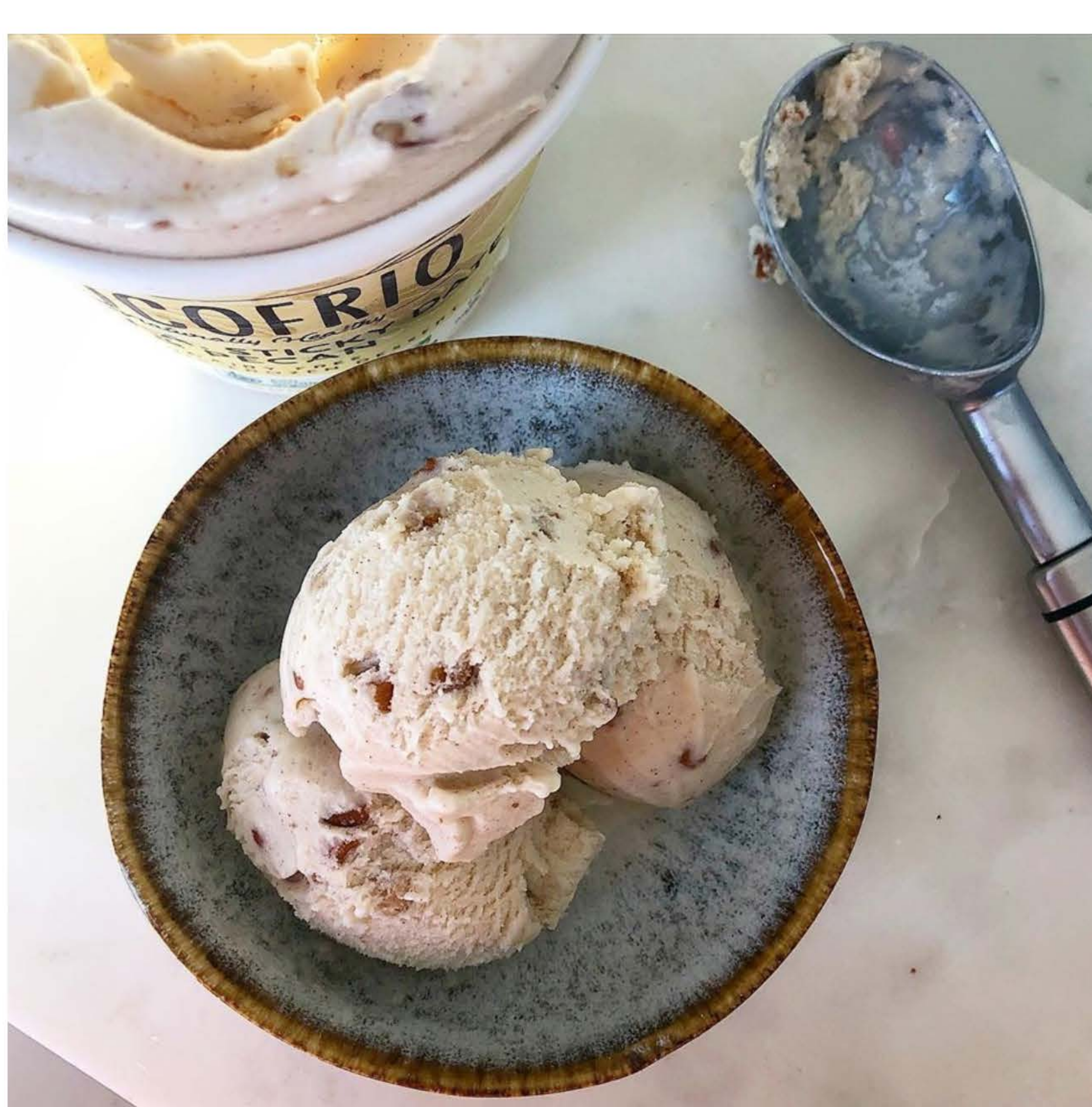


MIXED BERRY SLICE

Looking for a delicious vegan, dairy-free treat for afternoon tea? Try it with a scoop or two of Cocofrio Ice cream.

Ingredients: GoodMix Blend 11, rolled oats, coconut oil, 4 plain sweet biscuits, macadamia nuts, Low FODMAP berries (e.g. strawberries/blueberries /raspberries), Coconut yoghurt, Tbsp corn flour, vanilla essence, maple syrup

Click [here](#) for further instructions on how to make this delicious treat as well as more FODMAP friendly recipes.



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.



Vegan Friendly



Dairy Free



Gluten Free



Sugar Free



Australian Owned & Made



Fructose Friendly (SWEETENED WITH KEEF MALT SYRUP)



100% Organic



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