



OLYMPIC FEVER

"Faster, Higher, Stronger" is the Olympic motto. With the Olympic Games in full swing in Tokyo, there is no better time than now to strive to become a healthier, happier version of yourself! This includes having a well balanced diet, eating good nutritious foods and getting your body moving!

Cocofrio is stocked in stores across Japan, and wouldn't it be amazing if the athletes got their hands on a tub or 2 of our delicious, creamy, FODMAP certified ice cream!

For ideas on how to improve your diet or to check out some healthy recipes click [here](#).



BANANA SALTED CARAMEL ALMOND ICE CREAM SMOOTHIE

How about trying this deliciously messy, and all importantly *kid approved* Salted Caramel Banana Smoothie recipe!

Serves 2.

1 frozen banana, ½ cup (or more!) Cocofrio salted caramel icecream, 2/3 cup oat milk (we like Oatly), 2 tbs oats, 1 large tablespoon almond butter (we use NOYA), 1 tbs linseeds, 1 tsp cinnamon, 1 tsp vanilla, 1 medjool date, Scoop vegan protein (optional), Scoop of ice (approx 10 cubes)

Blend it all up in a high speed blender for approx 30 seconds or until smooth. Pour into serving glasses and top with another scoop of cocofrio. Drizzle with runny almond and serve with an eco straw & spoon.



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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