

COCOFRIO

DAIRY & GLUTEN FREE ICE CREAM



NATURALLY GOOD EXPO

The Naturally Good Expo was held at the International Convention Centre, Darling Harbour on the 2nd and 3rd of June.

Hundreds attended this event and Cocofrio showcased their ice cream alongside Better Food Distribution Co's food and beverages, all proving quite popular amongst the crowd.

For those that came past the stand and are interested in stocking Cocofrio please contact us and we will arrange our sales team to assist.



AUSTRALIA'S BIGGEST MORNING TEA



Cocofrio was proud to support Australia's Biggest Morning Tea, an event designed to raise funds for those impacted by cancer.

One morning tea was organised by staff from APT Luxury Cruising and held at Kingston Council in Victoria on the 23rd of May. \$7,286 was raised for vital funds to aid in life-saving research, prevention and support programs.

An incredible effort and we look forward to supporting more events in the future.

Stressed spelt backwards is Desserts

THE TRUTH ABOUT SATURATED FATS



Are you still confused about saturated fats? Fats are an essential nutrient that our bodies need to function normally, and healthily. Fats provide energy, help absorb certain vitamins and minerals, maintain our body temperature, and they insulate our bodies vital organs. We love fat! But fats can be confusing, what's good? What's bad? Should we be avoiding them? Should we be eating more of them? We're constantly fed different, and often misleading information, but i'm here to debunk the truth about fat!

Click [here](#) to read more on which fats provide health benefits to us.

VEGAN BROWNIES

Ideal for kids lunch boxes or just as an afternoon pick me up, vegan brownies will certainly be a hit.

Ingredients: 2 cups all-purpose flour, 1 cup of cocoa powder, 2 cups of coconut sugar, 1 tsp baking powder, ½ tsp salt, 1 cup vegan buttermilk (1 tbsp lemon juice + 1 cup soy milk), 1 cup of vegetable oil, 1 tsp vanilla extract, Cocofrio ice cream

Click [here](#) to read how to make these delicious treats.



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 RICE MALT SYRUP)



100% Organic



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