



WHAT'S BEEN HAPPENING IN JAPAN

The recent Expos in both Tokyo and Nagoya saw thousands of visitors attend to enjoy all things vegan and natural. Our dixie tubs sold out within hours, showing just how popular our organic, vegan friendly ice cream is. We look forward to participating in more events in Japan in the future.



THE HEALTHY MIND DIET



A healthy diet isn't just important for physical health, it's crucial for maintaining a healthy mind. It's been proven that food truly can be one of the best medicines when it comes to your mental health. This however is more than just a drop in your mood when you're feeling a little 'hangry', it's far deeper than that. Studies have found that women who have a diet more abundant in fruits, vegetables and wholegrains are 30-50% less likely to develop depressive symptoms, as compared to women who have diets high in refined carbohydrates, added sugars, and other processed foods.

[Click here](#) to read more about the foods that promote a healthy mind and good mental health.



VEGAN STRAWBERRY MILKSHAKE

What better way to celebrate the warmer weather approaching than with a milkshake!

Ingredients ½ Cup Strawberries ½ Cup Coconut Milk 3 Scoops Cocofrio Strawberry Cheesecake Whipped Cream (Optional) Method Mix together the strawberries, coconut milk, and ice cream in a blender. Drizzle chocolate syrup around the inside of the glass. (optional) Pour the milkshake into the glass, and top with whipped cream. ** For extra, natural sweetness, add 2-3 pitted dates to your mix! To read more delicious recipes click [here](#)



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