Date:

Juvela June 2015 E-Newsletter

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Hi R,

Summer is well and truly on its way... we hope! You'll find plenty of tasty **gluten free recipes** in this edition of E-News perfect for the warmer weather - whether we get it or not...

We also have **feedback** from our recent survey, an **important update regarding prescribing guidelines** and a **great competition** for you to enjoy!



Healthy, nutritious and delicious...

In our recent E-News Survey regarding **nutrition**, many of you highlighted that when choosing gluten free food, you believe these **nutritional features** to be the most important:

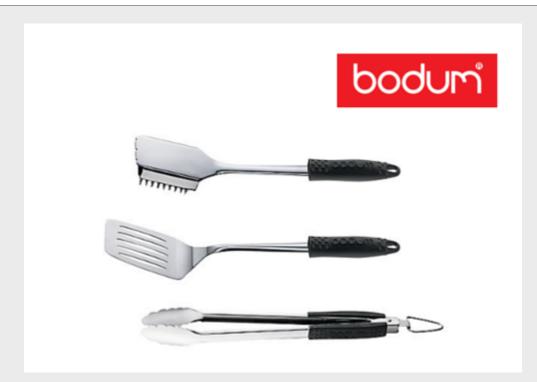
Gluten Free Foods should be...

- High in Fibre
- A Good Source of Calcium
- Low in Fat
- A Good Source of Iron

Did you know that the <u>Juvela Fresh</u>
<u>Bread Range</u> contains **less than 5% fat** and are a great source
of **fibre**, **calcium** and **iron**? You do
now!

Our fabulous <u>Fibre Linguine</u> and <u>Penne Pasta</u> are both **high in fibre** and **low in fat**, making a really <u>satisfying and versatile meal</u> whether served hot with a tasty sauce or cold as a pasta salad.

<u>Juvela Breakfast Cereals</u> are all **low in fat** and fortified with **essential vitamins** and **minerals**, making them the perfect way to start the day!



We know that **BBQ weather** is getting closer, so for this month's E-News Competition we've got 5 super stylish, high quality **Bodum Grill Tool Sets**; perfect for ensuring your gluten free food is kept delicious while avoiding any cross-contamination. You'll be the envy of the garden party!

To be in with a chance of winning, simply take part in our quick survey.

Congratulations to last month's winners, and best of luck to you all this month...

ENTER COMPETITION NOW

MIX PRESCRIPTION UPDATE

We are very pleased to report **positive news** for those of you who have recently been having difficulties in obtaining **Juvela Mixes** due to PrescQIPP prescribing restrictions.

LIZ'S BLOG

Liz has a great restaurant review for you,
highlighting encouraging

Read all about it here...

attitudes...

<u>View Liz's Latest Blog</u> Post

June Recipe Ideas

Fancy a **health kick**, but with a bit of bite?

Our Minestrone Soup recipe contains peas and broadbeans - both of which are perfectly seasonal for June, as well as **super nutritious**!

As the soup features pasta as an ingredient, you'll feel fuller for longer too. Don't forget that you can alternate the pasta with your preferred choice - we have a great variety available.



Strawberries are also in season this month, so take advantage of this sweet and succulent fruit with our delicious **gluten free recipes**.

Who doesn't love a good <u>Strawberry Tart</u>? We reckon they're the perfect treat for for this time of year and remind us of lovely summer picnics in the park...

These easy-to-make <u>Strawberry Stackers</u> are a fantastic (and virtually fat free) alternative - nice and light for if you've overindulged a little!

If nothing here takes your fancy, we have plenty of other excellent <u>gluten free recipes</u> on our website.

Here to help every step of the way...

The Juvela Team have a wealth of knowledge about living on a **gluten free** diet, so if you have any product questions, need help with recipes or any support, please get in touch.

Our **Freephone Helpline** is open Monday to Friday 9am-5pm: 0800 783 1992



Alternatively, you can send us an email.



You can also contact us via Facebook, or tweet us!



We hope you've enjoyed our June Newsletter!

The Juvela Team x

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