

From: **Juvela Gluten Free Foods** online@juvela.co.uk
Subject: ☀️ Fabulous summer food - whatever the weather ☀️
Date:
To:

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 [Juvela Fresh Bread Range](#) contains **less than 5% fat** and are a great source of **fibre, calcium** and **iron**? You do now!

Our fabulous [Fibre Linguine](#) and [Penne Pasta](#) are both **high in fibre** and **low in fat**, making a really [satisfying and versatile meal](#) whether served hot with a tasty sauce or cold as a pasta salad.

[Juvela Breakfast Cereals](#) are all **low in fat** and fortified with **essential vitamins** and **minerals**, making them the perfect way to start the day!



The image shows three Bodum grill tools: a meat brush, a spatula, and tongs, all with black handles and stainless steel heads. The Bodum logo is in the top right corner of the image area.

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 changes in gluten free

changes in gluten free attitudes...

[Read all about it here...](#)

[View Liz's Latest Blog 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 [Strawberry Tart](#)? 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 [Strawberry Stackers](#) 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 [gluten free recipes 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**



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We hope you've enjoyed our June Newsletter!

The Juvela Team x

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