



## Hold a Coffee Morning

### Decide on your Colombian delicacy

If you are organising a coffee morning you could make:

- **Arepas** (Cheese stuffed corn cakes)
- **Pan de bonos** (Colombian Cheese Bread)
- Fresh Colombian Coffee
- **Colombian Style Hot Chocolate**

If you're hosting an evening event why not try:

- **Empanadas** (Colombian stuffed pastries)
- **Aborrajadas** (Ripe plantain fritters)
- **Arepa with shredded meat**
- **Avena** (Traditional Oat Cold Drink)

Go to [www.mycolombianrecipes.com](http://www.mycolombianrecipes.com) for some yummy, tried and tested colombian recipes. We can also advise you one where to buy your Colombian products in London, simply call 0207 549 0225.



Pan de Bonos



Empanadas



Arepas

Have a look at our Organising Fundraising Events leaflet for more tips.

**We'd love to hear  
how your event went  
- get in touch to let us  
know!**

To discuss how you can fundraise for Children Change Colombia, contact us on:

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