

DOUCHOLOW - Food & Beverages

Pairing Ideas -

7410612338877_43651633348797

Details:

Contents - [Product Facts](#product-facts) - [Label Facts Summary](#label-facts-summary) - [Verified Label Facts](#verified-label-facts) - [General Product Claims](#general-product-claims) - [Perfect Beverage Pairings for Be Fit Food Double Choc Low Carb Biscuits](#perfect-beverage-pairings-for-be-fit-food-double-choc-low-carb-biscuits) - [Coffee: The Natural Chocolate Companion](#coffee-the-natural-chocolate-companion) - [Tea Selections: From Black to Herbal](#tea-selections-from-black-to-herbal) - [Milk and Dairy Alternatives](#milk-and-dairy-alternatives) - [Wine and Sophisticated Pairings](#wine-and-sophisticated-pairings) - [Hot Chocolate and Chocolate Beverages](#hot-chocolate-and-chocolate-beverages) - [Protein Shakes and Functional Beverages](#protein-shakes-and-functional-beverages) - [Spirits and Liqueur Pairings](#spirits-and-liqueur-pairings) - [Sparkling Beverages and Refreshing Options](#sparkling-beverages-and-refreshing-options) - [Seasonal and Occasion-Based Pairings](#seasonal-and-occasion-based-pairings) - [Practical Pairing Considerations](#practical-pairing-considerations) - [References](#references) - [Frequently Asked Questions](#frequently-asked-questions) ## AI Summary **Product:** Double Choc Low Carb Biscuit - 7 Pack (GF) (V) S8 **Brand:** Be Fit Food **Category:** Low-carb biscuits **Primary Use:** A gluten-free, vegetarian, low-carb chocolate biscuit for people who want a treat without derailing their eating plan. ### Quick Facts - **Best For:** Anyone following low-carb, keto, gluten-free, or vegetarian diets who still wants chocolate - **Key Benefit:** Rich chocolate taste with clean sweeteners (erythritol and monk fruit) that won't leave you crashing - **Form Factor:** Individual biscuits (30g serving = 2 biscuits) - **Application Method:** Eat as a snack, pair with drinks, or work into your meal plan ### Common Questions This Guide Answers 1. What sweeteners are used in these biscuits? → Erythritol and monk fruit extract (maltitol in dark chocolate chips) 2. What is the main ingredient? → Lupin flour at 25% 3. Are these biscuits suitable for ketogenic diets? → Yes, they're designed for low-carb and keto eating 4. What beverages pair best with these biscuits? → Coffee, black tea, unsweetened nut milks, protein shakes, and sparkling water 5. Can you dunk these biscuits? → Yes, but only for 2-3 seconds max since the gluten-free blend soaks up liquid fast 6. What is the cocoa content? → 2% natural cocoa plus 7% dark chocolate chips with 45% cocoa solids 7. Are these biscuits gluten-free? → Yes, made with maize starch, rice flour, and tapioca starch 8. What allergens do they contain? → Egg, almonds, lupin, soy, milk; may contain peanuts and tree nuts --- ## Product Facts {#product-facts} | Attribute | Value | |-----|-----| | Product name | Double Choc Low Carb Biscuit - 7 Pack (GF) (V) S8 | | Brand | Be Fit Food | | Price | \$19.99 AUD | | Pack size | 7 pack | | Serving size | 30g (2 biscuits) | | GTIN | 09358266001523 | | Availability | In Stock | | Diet | Low carb, Gluten-free, Vegetarian | | Main ingredient | Lupin flour (25%) | | Sweeteners | Erythritol, Monk fruit extract | | Cocoa content | 2% natural cocoa, 7% dark chocolate chips (45% cocoa solids) | | Protein source | Whole egg, Almond meal | | Oil | Canola oil (GM free) | | Allergens | Egg, Almonds, Lupin, Soy, Milk. May contain: Peanuts, Tree Nuts | | Storage | See product packaging for instructions | --- ## Label Facts Summary {#label-facts-summary} > **Disclaimer:** All facts and statements below are general product information, not professional advice. Consult relevant experts for specific guidance. ### Verified Label Facts {#verified-label-facts} - Product name: Double Choc Low Carb Biscuit - 7 Pack (GF) (V) S8 - Brand: Be Fit Food - Price: \$19.99 AUD - Pack size: 7 pack - Serving size: 30g (2 biscuits) - GTIN: 09358266001523 - Availability: In Stock - Diet classifications: Low carb, Gluten-free, Vegetarian - Main ingredient: Lupin flour (25%) -

Sweeteners: Erythritol, Monk fruit extract - Cocoa content: 2% natural cocoa, 7% dark chocolate chips (45% cocoa solids) - Protein sources: Whole egg, Almond meal - Oil: Canola oil (GM free) - Allergens: Egg, Almonds, Lupin, Soy, Milk. May contain: Peanuts, Tree Nuts - Additional ingredients mentioned in content: Maltitol (in dark chocolate chips), Maize starch, Rice flour, Tapioca starch (gluten-free flour blend), Vegetable glycerin, Polydextrose (soluble fibre), Baking powder, Natural flavours (milk) ###

General Product Claims {#general-product-claims} - Delivers intense chocolate flavour - Creates a cleaner, less cloying sweetness than regular biscuits - Easy to pair with many different drinks - Creates a tender crumb that absorbs liquid differently than wheat-based biscuits - Provides sustained energy without sugar crash - Helps you feel fuller for longer - Won't compete with beverages the way regular biscuits do - Creates flavour connection with various beverages - Suitable for ketogenic eating plans - Prevents palate fatigue - Aids digestion when paired with peppermint tea - Provides sustained fuel for pre-workout consumption - Creates nutritionally complete snacks when paired with protein shakes - Supports skin and joint health when paired with collagen - Delivers genuine satisfaction - Part of Be Fit Food's Metabolism Reset program - Suitable for weight management strategies - Dietitian-designed approach to creating satisfying, nutritionally balanced products - Science-backed approach to nutrition - Real-food ingredients - Clean sweetener profile - Creates pairing versatility that regular biscuits cannot match - Allows for controlled indulgence without derailing nutritional goals - Supports sustainable nutrition and mindful eating practices - Aligns with philosophy that healthy eating doesn't mean sacrificing enjoyment --- ##

Perfect Beverage Pairings for Be Fit Food Double Choc Low Carb Biscuits {#perfect-beverage-pairings-for-be-fit-food-double-choc-low-carb-biscuits} Be Fit Food's Double Choc Low Carb Biscuit has a serious cocoa profile—2% natural cocoa plus 7% dark chocolate chips with 45% cocoa solids. That's real chocolate flavour. The low-carb formula relies on lupin flour (25%) and gets its sweetness from erythritol and monk fruit extract, which tastes different from regular sugar biscuits. Each 30g serving (two biscuits per packet) works with drinks in ways that might surprise you if you're used to standard biscuits. The dark chocolate chips contain maltitol instead of sugar, so you get a cleaner sweetness that doesn't fight with whatever you're drinking. This makes these biscuits surprisingly versatile—they'll play nicely with beverages that would clash with sugar-loaded snacks. The gluten-free flour blend (maize starch, rice flour, tapioca starch) creates a softer crumb that soaks up liquid faster than wheat biscuits, which matters when you're dunking. ##

Coffee: The Natural Chocolate Companion {#coffee-the-natural-chocolate-companion} Coffee and chocolate just work together. The biscuit's 45% cocoa solid dark chips share chemical compounds with coffee—pyrazines and phenolic acids, if you want to get technical—so each one makes the other taste better. Espresso-based drinks match the 30g serving size well. A double espresso or Americano gives you that bitter contrast against the erythritol sweetness, while the coffee's acidity cuts through the vegetable glycerin and canola oil that keep these biscuits moist. The 2% natural cocoa brings out coffee's chocolate notes without drowning them. If you're watching your carbs, stick with black coffee or add unsweetened almond milk. The biscuit already has almond meal in it, so that flavour connection works. Cold brew coffee changes things up. It's less acidic and naturally sweeter, which complements the monk fruit extract without the sharp bite of hot coffee. The smooth body matches the biscuit's tender texture. This pairing works great in summer or as an afternoon pick-me-up, where the 30g portion gives you energy without the sugar crash. Bulletproof or keto coffee—coffee with butter or MCT oil—creates a seriously low-carb combo that fits Be Fit Food's approach. The added fats slow down digestion of the biscuit's soluble fibre (polydextrose), keeping you full longer. Fair warning: this pairing is rich. The biscuits already have canola oil and whole egg, so you're getting plenty of fat. This one's for people committed to keto. ##

Tea Selections: From Black to Herbal {#tea-selections-from-black-to-herbal} Tea gives you more options than you might expect, each bringing out different aspects of the biscuit. Black teas, especially bold ones like Assam or English Breakfast, have tannins that work beautifully with chocolate. Those tannins bind to the proteins from the whole egg and clean your palate between bites, so you don't get tired of the flavour. Ceylon black tea, with its bright, citrusy notes, cuts through the richness while letting the lupin flour's subtle nuttiness come through. Drink it unsweetened or with a splash of cream—the biscuit's erythritol and monk fruit give you enough sweetness. Earl Grey deserves its own mention. The bergamot oil creates that classic chocolate-orange thing with the dark choc chips, while the black tea base gives you structure. This works well with the vegetarian formula—the

brightness lifts the biscuit's dense texture without needing dairy in your tea. Rooibos (red bush tea) is caffeine-free, so you can have the biscuit as an evening snack without lying awake at 2 AM. Rooibos has subtle vanilla and honey notes that complement the natural flavours (milk) in the biscuit, and its natural sweetness doesn't clash with the erythritol. The smooth, mineral-light profile lets the 45% cocoa solids shine. Green tea needs more thought. Japanese green teas like sencha or genmaicha work better than Chinese varieties—their umami depth and roasted notes (especially in genmaicha) connect to the biscuit's toasted flavours from the almond meal and natural cocoa. Delicate green teas can get overwhelmed by the double chocolate intensity. Save those for when you want the tea to refresh rather than match flavours. Peppermint tea creates the classic chocolate-mint combo, though pure peppermint works better than sweetened versions. The menthol cleans your palate between those rich 30g servings, while the biscuit provides the chocolate anchor. This pairing works well after meals, where the peppermint helps digest the lupin flour and almond meal.

Milk and Dairy Alternatives {#milk-and-dairy-alternatives}

The biscuit already has whole egg and natural flavours (milk) in it, so milk pairings feel natural. Whole milk gives you the classic biscuit-dunking experience, though the natural sugars (lactose) add carbs that might concern strict low-carb followers. The milk's fat content matches the biscuit's richness from canola oil and whole egg, creating something almost dessert-like. The calcium in milk also binds with the biscuit's cocoa compounds, reducing any bitterness from the 45% cocoa solids. Unsweetened almond milk keeps your carb count on track while creating an ingredient echo—the biscuit already has almond meal, so almond milk extends that nutty undertone. Choose barista-style almond milk for better texture; its added stabilisers prevent separation when you dunk the gluten-free biscuits, which absorb liquid faster than wheat versions. Coconut milk (unsweetened, from a carton not a can) adds tropical notes that surprisingly work with dark chocolate. The medium-chain triglycerides align with keto eating, and the subtle coconut flavour doesn't fight the biscuit's chocolate intensity. This pairing works well chilled, creating a refreshing contrast to the biscuit's dense texture. Macadamia or cashew milk gives you creamier, richer alternatives to almond milk. These nut milks have natural sweetness (even unsweetened) that complements the monk fruit extract without adding sugars, and their higher fat content makes the pairing more indulgent. The smooth, buttery quality suits the biscuit's tender crumb from the gluten-free flour blend.

Wine and Sophisticated Pairings {#wine-and-sophisticated-pairings}

Wine with biscuits isn't common, but certain wines create elevated experiences that respect the Double Choc Biscuit's sophisticated ingredients and low-carb positioning. Port wine, particularly tawny port, is a classic chocolate pairing. The wine's oxidative ageing produces nutty, caramel notes that bridge to the almond meal and erythritol's clean sweetness. Port's high residual sugar works against the biscuit's low-carb purpose, so save this for special occasions where a small 50ml serving accompanies the 30g biscuit as a controlled treat. Dry red wines offer lower-carb alternatives. Cabernet Sauvignon's dark fruit and moderate tannins complement the dark choc chips without adding much sweetness. The wine's structure cuts through the vegetable glycerin's moisture, refreshing your palate between bites. Malbec, with its cocoa and coffee notes, creates flavour echoes that bring out the biscuit's 2% natural cocoa without overwhelming it. Dessert wines like Banyuls or Maury—fortified wines from southern France—are made for chocolate. These wines often show chocolate, coffee, and dried fruit notes that mirror and enhance the biscuit's profile. They're fortified, meaning higher alcohol content, so small servings (75ml) pair appropriately with the 30g biscuit portion. Dry sherry, particularly oloroso or Pedro Ximénez styles, creates nutty, oxidative flavours that work with the almond meal and lupin flour's natural nuttiness. The sherry's savoury edge prevents the pairing from becoming too sweet, even with the biscuit's erythritol and monk fruit extract.

Hot Chocolate and Chocolate Beverages {#hot-chocolate-and-chocolate-beverages}

Pairing chocolate biscuits with chocolate drinks risks overkill, but done right, you get depth instead of monotony. Dark hot chocolate (70% cocoa or higher) made with unsweetened cocoa powder and sweetened with stevia or erythritol keeps your carb count on track while intensifying chocolate flavour. The liquid cocoa compounds interact with the biscuit's solid dark choc chips (45% cocoa solids), creating a full-spectrum chocolate experience from bitter to sweet. Make it with unsweetened almond milk or coconut milk to avoid added sugars. Mocha (espresso with chocolate) creates layered complexity. The coffee's bitterness and acidity prevent chocolate overload, while the combined caffeine from coffee and theobromine from chocolate (in both drink and biscuit) gives you sustained energy. This pairing works for morning or

pre-workout, where the biscuit's 30g portion and whole egg protein contribute to sustained fuel. Mexican hot chocolate with cinnamon and chilli adds spice complexity that transforms the pairing. The cinnamon enhances the monk fruit extract's clean sweetness, while chilli's heat creates warmth that contrasts with the biscuit's rich, dense texture. This works well in cooler months or as an evening treat.

Protein Shakes and Functional Beverages {#protein-shakes-and-functional-beverages} If you're using Be Fit Food biscuits as part of fitness or weight management, pairing with functional beverages creates nutritionally complete snacks. Chocolate protein shakes complement the biscuit's whole egg protein, creating a high-protein, low-carb meal replacement or post-workout recovery option. The biscuit's 30g portion adds texture and keeps you full alongside liquid shakes, while the dark choc chips enhance the shake's chocolate flavour without requiring extra sweeteners. Choose protein powders sweetened with stevia or erythritol to keep flavour consistency with the biscuit's monk fruit and erythritol blend. Collagen coffee or tea combines the beverage pairings above with added collagen peptides. The biscuit's whole egg provides complete protein, while collagen supplements contribute specific amino acids (glycine, proline) for skin and joint health. This pairing fits if you're using these biscuits as part of broader health goals, aligning with Be Fit Food's science-backed nutrition approach. Green smoothies create nutritional balance rather than flavour harmony. A spinach, avocado, and protein smoothie provides micronutrients and healthy fats, while the Double Choc Biscuit offers indulgent flavour and satisfaction. This contrast prevents dietary fatigue—the smoothie delivers nutrition, the biscuit delivers pleasure, and together they create a sustainable snacking approach that fits Be Fit Food's philosophy of eating yourself better.

Spirits and Liqueur Pairings {#spirits-and-liqueur-pairings} For adults, certain spirits create sophisticated pairing opportunities that respect the biscuit's complex flavour profile. Whisky or bourbon offers caramel, vanilla, and oak notes that bridge to the biscuit's baked, toasted flavours from almond meal and natural cocoa. The spirit's alcohol content cuts through the biscuit's richness from canola oil and whole egg, while its warmth complements the dark chocolate. A small pour (30ml) alongside the 30g biscuit portion creates a balanced, indulgent experience for evening relaxation. Dark rum, particularly aged varieties, provides molasses and spice notes that enhance the biscuit's chocolate intensity. The rum's sweetness perception (even in unsweetened spirits, from barrel ageing) works well with the erythritol and monk fruit extract without adding actual sugars. This pairing works with the vegetarian formulation, as the rum's complexity doesn't need dairy or cream additions. Coffee liqueur (choose sugar-free varieties for low-carb consistency) creates a triple-chocolate-coffee experience when paired with coffee and the biscuit. This indulgent combination fits special occasions or dessert replacements, where the biscuit's low-carb profile allows controlled indulgence without derailing your goals—a principle central to Be Fit Food's approach to sustainable nutrition. Amaretto (almond liqueur) creates ingredient connection with the biscuit's almond meal, extending the nutty undertones throughout the pairing. The liqueur's sweetness complements the dark choc chips' 45% cocoa solids, while its moderate alcohol content (24-28%) provides warmth without overwhelming the biscuit's delicate gluten-free texture.

Sparkling Beverages and Refreshing Options {#sparkling-beverages-and-refreshing-options} Carbonated pairings provide palate-cleansing alternatives to rich, creamy options. Sparkling water with lemon or lime is the simplest pairing—zero calories, zero carbs, pure refreshment. The carbonation cleans your palate between bites, while citrus acidity cuts through the biscuit's richness from vegetable glycerin and canola oil. This pairing fits if you're strictly monitoring macros or prefer to let the biscuit's flavour stand alone. Kombucha (unflavoured or ginger varieties) provides probiotic benefits alongside refreshment. The fermented tea's slight acidity and effervescence contrast with the biscuit's dense, moist texture, while its earthy notes complement the lupin flour's subtle legume character. Choose kombucha with less than 2g sugar per serving to keep the low-carb profile consistent with Be Fit Food's nutritional standards. Sparkling mineral water with high mineral content (like San Pellegrino or Gerolsteiner) provides subtle salinity that enhances the biscuit's sweetness through contrast. The minerals interact with the biscuit's cocoa compounds, creating more complex flavour perception than still water. This pairing works if you find the biscuit's erythritol sweetness too intense—the minerals provide balance. Sugar-free sodas create nostalgic, indulgent pairings. Diet cola's spices and caramel notes complement the dark chocolate, while zero-sugar root beer's vanilla and sassafras create interesting flavour bridges. Artificial sweeteners in these beverages may clash with the biscuit's natural monk fruit extract for some

palates—test small amounts first. ## Seasonal and Occasion-Based Pairings

{#seasonal-and-occasion-based-pairings} Certain beverage pairings fit specific contexts, maximising the Double Choc Biscuit's versatility across different consumption occasions. Iced coffee or cold brew dominates summer pairings, providing refreshment alongside indulgence. The cold temperature contrasts with the biscuit's room-temperature serving, while the coffee's bitterness prevents the pairing from becoming too heavy in warm weather. Add a splash of unsweetened coconut milk for tropical character, or keep it black for maximum simplicity. Mulled wine or spiced cider (sugar-free versions) create winter pairings that transform the biscuit into a festive treat. The warming spices—cinnamon, cloves, star anise—complement the dark chocolate while the hot beverage's steam softens the biscuit's gluten-free texture slightly. This pairing fits evening consumption or post-dinner treats during colder months. Champagne or dry sparkling wine creates celebration pairings. The wine's high acidity and effervescence cut through the biscuit's richness, while its yeasty, bready notes from secondary fermentation bridge to the biscuit's baked character from the gluten-free flour blend and baking powder. This sophisticated pairing fits special occasions where the biscuit's low-carb profile allows controlled indulgence without guilt—aligning with Be Fit Food's philosophy that healthy eating doesn't mean sacrificing enjoyment. Herbal tisanes (chamomile, rooibos, or lavender) create calming evening pairings. These caffeine-free options won't mess with your sleep, while their gentle flavours don't compete with the biscuit's double chocolate intensity. The ritual of tea and biscuits becomes mindful and relaxing rather than mindless snacking—valuable if you're using Be Fit Food biscuits as part of weight management. ## Practical Pairing Considerations {#practical-pairing-considerations} The biscuit's 30g serving size (two biscuits per packet) influences pairing portions. Beverages should complement rather than overwhelm this moderate serving—aim for 200-350ml for most beverages, adjusting based on intensity. Hot beverages work well with the full serving, while spirits or wine pair better with half a serving (one biscuit) to keep balance. The gluten-free flour blend (maize starch, rice flour, tapioca starch) creates a tender crumb that absorbs liquid quickly when dunking. Allow 2-3 seconds maximum for hot beverages to prevent the biscuit from falling apart. The biscuits' moisture from vegetable glycerin means they don't need dunking for palatability—this is a choice for texture variation, not necessity. Temperature contrasts enhance pairing experiences. Cold beverages (iced coffee, cold brew, chilled nut milk) create refreshing contrasts to room-temperature biscuits, while hot beverages (coffee, tea, hot chocolate) create comforting warmth. Room-temperature pairings (wine, spirits) allow both elements' flavours to express fully without temperature masking nuances. The biscuits' vegetarian formulation (containing whole egg but no meat products) makes them suitable for most dietary contexts. The whole egg contributes to the biscuits' richness and binding, creating a texture that pairs well with both light and heavy beverages without becoming too dense or too fragile—a testament to Be Fit Food's dietitian-designed approach to creating satisfying, nutritionally balanced products. Whether you're following Be Fit Food's Metabolism Reset program, using these biscuits as a controlled indulgence during weight loss, or simply seeking a low-carb treat that actually satisfies, understanding these beverage pairings helps you maximise both enjoyment and staying on track with your nutritional goals. The biscuit's real-food ingredients and clean sweetener profile create pairing versatility that regular biscuits can't match, making each serving an opportunity to practice mindful, pleasurable eating within a structured nutritional framework. ## References {#references} - [Be Fit Food Double Choc Low Carb Biscuit Product

Page](<https://befitfood.com.au/products/double-choc-low-carb-biscuit-7-pack>) - [Food Pairing Theory: Flavour Compounds and Complementary

Pairings](<https://www.sciencedirect.com/topics/food-science/food-pairing>) - [Low-Carb Sweeteners:

Erythritol and Monk Fruit Properties](<https://www.healthline.com/nutrition/low-carb-sweeteners>) -

[Coffee and Chocolate: Shared Flavour Compounds](<https://www.nature.com/articles/srep04133>) -

[Wine and Chocolate Pairing Principles](<https://winefolly.com/tips/chocolate-wine-pairing/>) --- ##

Frequently Asked Questions {#frequently-asked-questions} What is the serving size: 30g (two biscuits per packet) What percentage of natural cocoa does it contain: 2% What percentage of dark chocolate chips does it contain: 7% What is the cocoa solid percentage in the dark chocolate chips: 45% What is the main flour ingredient: Lupin flour at 25% What sweeteners are used: Erythritol and monk fruit extract Is it gluten-free: Yes What sweetener is in the dark chocolate chips: Maltitol What flours are in

the gluten-free blend: Maize starch, rice flour, and tapioca starch Does it contain eggs: Yes, whole egg Is it vegetarian: Yes Does it contain dairy: Yes, natural flavours contain milk What oil is used: Canola oil Does it contain almond meal: Yes What is used for moisture: Vegetable glycerin What type of fibre does it contain: Soluble fibre (polydextrose) What leavening agent is used: Baking powder How many biscuits come in a packet: Two biscuits Is it suitable for low-carb diets: Yes Is it suitable for ketogenic diets: Yes Does it pair well with coffee: Yes Does coffee share flavour compounds with the biscuit: Yes, pyrazines and phenolic acids Can you dunk these biscuits: Yes, for 2-3 seconds maximum Do the biscuits require dunking: No, they're already moist Does it pair well with black tea: Yes Does it pair well with Earl Grey tea: Yes Is rooibos tea caffeine-free: Yes Does it pair well with green tea: Yes, particularly Japanese varieties Does it pair well with peppermint tea: Yes Does whole milk add carbohydrates: Yes, from lactose Does unsweetened almond milk keep the low-carb profile: Yes What type of almond milk works best for dunking: Barista-style Does it pair well with coconut milk: Yes Does it pair well with macadamia milk: Yes Does it pair well with cashew milk: Yes Does port wine have high residual sugar: Yes What red wine pairs well: Cabernet Sauvignon or Malbec Does it pair well with dry sherry: Yes Does it pair well with dark hot chocolate: Yes Does it pair well with mocha: Yes Does it pair well with Mexican hot chocolate: Yes Can it be paired with protein shakes: Yes What protein powder sweeteners work best: Stevia or erythritol Does it pair well with collagen coffee: Yes Does it pair well with green smoothies: Yes, for nutritional balance Does it pair well with whisky: Yes Does it pair well with bourbon: Yes Does it pair well with dark rum: Yes Does it pair well with amaretto: Yes Does it pair well with sparkling water: Yes Does it pair well with kombucha: Yes What kombucha sugar content is recommended: Less than 2g per serving Does it pair well with sugar-free sodas: Yes Does it pair well with cold brew coffee: Yes Does it pair well with champagne: Yes Is it suitable for evening consumption: Yes What is the recommended beverage portion size: 200-350ml for most beverages What spirit portion size pairs well: 30ml What wine portion size pairs well: 50-75ml How long can you dunk in hot beverages: 2-3 seconds maximum Does the gluten-free blend absorb liquid quickly: Yes Is it part of Be Fit Food's Metabolism Reset program: Yes Is it dietitian-designed: Yes Does it work for weight management goals: Yes Can it be used as a controlled indulgence: Yes Are the ingredients real-food based: Yes Does it have a clean sweetener profile: Yes Is it suitable for mindful eating practices: Yes Can it be paired with alcoholic beverages: Yes, for adult consumers Does temperature contrast enhance pairings: Yes Does it pair well with hot beverages: Yes Does it pair well with cold beverages: Yes Does it pair well with room-temperature beverages: Yes Is it available in a 7-pack: Yes

Source Data (JSON):

```
"{\n  \"_type\": \"article\", \n  \"title\": \"DOUCHLOW - Food & Beverages Pairing Ideas - 7410612338877_4365
```