

in the kitchen with

sense^{*}



your recipe booklet



booklet curated by
sense* founder
Jonathan Ebsworth &
sense* nutritionist
Dimitra Sentelidou



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sense* represents smart nutrition for everyday living. Each of these recipes has been designed to complement the sense* superfood powder used in the recipe, both in terms of flavour and ingredients that work together synergistically for maximum nutritional benefit.

However, if you wish you can experiment by substituting one sense* superfood powder for another, to come up with new and exciting combinations.

We hope you enjoy these recipes that have been thoughtfully developed by me & the sense* team.

Jonathan Ebsworth
sense* founder

Introduction

Dear sense* customer,

I am thrilled and honoured that you have chosen sense*. Thrilled because of all the hard work put into each product. Honoured because there are so many products out there competing for your attention.

I guarantee you won't be disappointed with your choice due to the high quality ingredients we chose for each product. Not only in terms of the actual ingredient but also the form that it takes, making sure we maximise absorption into your body. I guarantee you will feel great because I use all of these products every day, in a life that is full paced and a little bit hectic. (More about that later!)

We also add ingredients that behave synergistically with one another, leading to improvements in the formula's efficacy. For example, adding an ingredient that helps to maximise the body's absorption of another key nutrient in the formula.

We also take a 360° approach by including all the nutrient groups required for your body and mind in each product. This results in really dense nutrition, particularly in our superfood supplement powders that comes from combining concentrated naturally derived supplements with well recognised (and some not-so-well recognised) superfood powders. The combination means you get a true superfood supplement.

And since we believe that everybody deserves access to good nutrition, we've ensured that everyone can enjoy sense* products irrespective of diet or cultural background. It means also that we are doing our bit for the planet by being vegan across all products.

But enough about us, what about you?

Well, good nutrition is important to allow us to cope with modern life. Why is nutrition so important? There are many reasons but mostly it is because we eat too much processed food and even if we do eat healthy foods, there simply isn't enough nutrients in the specimens that we buy from the supermarket. Vegetables come out of soil that has been depleted over the years, leading to lower nutrient levels. Meat is mass produced for quantity not quality so there can be more nutrition in a packet of crisps than a roast chicken, believe it or not!



So we have produced a range of products at sense* that can be used in a variety of ways in conjunction with food. Combining supplements with food is the best way to get them absorbed into your body and using superfoods too helps this process. Our products are targeted in a way that we know you prefer, whether you have a busy, stressful life or a lifestyle full of a activity or you simply want to get your digestion in tip-top shape. **sense* for busy lives** gives that extra, sustained energy level. **sense* for joint & bone** looks after bones, muscles and cartilage alike. Lastly looking after your digestion is a whole lot easier with **sense* for gut health**..believe me because I use all of them every day mixed into my food.

These recipes in fact represent my own choices, food that I eat every day from the Green Juice to the Coconut & Chocolate Slices. Recipes that are quick and easy, taste great and are chosen to blend easily your lifestyle. Where necessary Dimitra, our sense* nutritionist, has added extra Nutrition Facts so don't just take my word for it. Try them and let us know which ones you like the best. I guarantee that after not so long you will feel not only the targeted benefit that each product is made for but a general sense (sorry for the pun!) of well-being.

All the best,
Jonathan
sense* founder

sense* Recipe
for busy lives
beetroot smoothie



sense*

for busy lives beetroot smoothie

Makes sense* A beautiful deep purple, flavour packed smoothie to start your day.

Using **sense*** for busy lives superfood & supplement powder.

How to: Enjoy in the morning, straight after blitzing.

This is when it's most delicious and most nutritious!

Simply blend all of the ingredients in a high-powered blender until smooth.

* If you have a lower powered blender you can opt to use organic cooked beetroot.

Serves 1

Ingredients

1/4 raw beetroot

1/2 organic blueberries

1/2 banana

1 handful of rocket

2 sprigs of mint, leaves only

1/2 cup almond milk

A touch of cracked black pepper

1/2 cup water

2 inches cucumber, chopped

1 to 2 servings of **sense*** for busy lives

Nutrition Facts Abundant nutrients and fibre give you the boost of energy you need to tackle the day with a clear and focused mind. The hint of black pepper helps to increase the bioavailability of the turmeric found in the **sense*** for busy lives superfood and supplement powder. The beetroot increases nitric oxide production, maximising the circulation and delivery of all the micronutrients in **sense*** for busy lives.

sense* Recipe
for busy lives
strawberry banana sorbet



sense*

for busy lives strawberry banana sorbet

Makes sense* Strawberries and bananas are an amazing flavour combination. This pretty pink sorbet tastes great without a single spoon of added sugar!

Using **sense* for busy lives** superfood & supplement powder.

How to: Cut the bananas into 1cm slices and place in the freezer until frozen. When ready to make the sorbet, take the banana slices out of the freezer and leave for 30 minutes to thaw slightly. Put the half-thawed banana into a blender with the rest of the ingredients and process until smooth. (You may need to scrape down the sides of the blender a couple of times to ensure that everything is well combined.) Serve immediately, or place back in the freezer until ready to serve.

Serves 3

Ingredients

5 ripe bananas

250g strawberries

100ml chilled coconut cream

3 servings of **sense* for busy lives**

A word from the founder...

I remember when I came across this recipe and it was such a delight. I was on the FODMAP exclusion diet where you take all processed food out of your diet and exclude lots of foods high in the substances that the letters in FODMAP stand for, e.g. fructose. It is very difficult to follow and excludes lots of great tasting things such as apples, blackberries and avocado to name a few. Dairy was mostly out too, so no ice cream either. I was halfway through the FODMAP regime when this recipe surfaced and wow, what a treat!

Jonathan Ebsworth

Founder of **sense***

sense* Recipe
for busy lives
energy boost chia pot



sense*

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sense* Recipe
for busy lives
pink porridge



sense*

for busy lives pink porridge

Makes sense* Pink porridge is all the rage these days. This recipe is super easy and tastes great.

Using **sense* for busy lives** superfood & supplement powder.

How to: Add the oats, almond milk and honey, agave or stevia into a saucepan. Cook the oats on low-to-medium heat on the stove, stirring occasionally, until the oats have softened and absorbed most of the milk. Add in the berries and mix until the berries have mostly broken apart and turned the porridge a lovely pink colour. Take the porridge off the heat and add the serving of **sense* for busy lives**. Mix until thoroughly combined and serve immediately.

Serves 1

Ingredients

30g rolled oats (porridge oats)

175ml almond milk

30g berries, such as blueberries and strawberries

1 tbsp honey, agave or stevia

pinch of salt

1 serving of **sense* for busy lives** superfood & supplement powder

Nutrition Facts Oats are an incredibly nutrient-rich food. Not only are they high in fibre, protein and B complex vitamins, they also have a well-known cholesterol-lowering effect. By using almond milk, this recipe also has much lower levels of saturated fat than most other porridges. Vitamin C from the berries and the **sense* for busy lives** formula help to reduce tiredness and fatigue. B complex vitamins from the oats and the **sense* for busy lives** formula help to increase energy levels, so that you can make the most of your day.

sense* Recipe
for busy lives
choco-strawberry smoothie



sense*

for busy lives choco-strawberry smoothie

Makes sense* Strawberry and chocolate is a great combination, as anybody will admit who has dipped strawberries in melted chocolate! This recipe uses coffee for an extra caffeine hit to really

How to: Chill the almond milk in the fridge and freeze the strawberries in the freezer. Add the chilled milk, frozen strawberries and rest of the ingredients into a blender. Blend until fully combined and frothy.

*If you do not have freeze-dried (instant) coffee, you can use a shot of espresso and slightly reduce the amount of almond milk.

Serves 1

Ingredients

300ml almond milk

2 tbsp raw organic cocoa powder

1 tsp freeze-dried coffee

8 large strawberries

1 tbsp honey, agave or stevia

1 serving of **sense* for busy lives** superfood & supplement powder

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sense* Recipe
for joint & bone
oaty power bites



sense*

for joint & bone oaty power bites

Makes sense* Healthy snacking never tasted so good. These tasty bites will satisfy your cravings, any time of day or night. Using **sense* for joint & bone** superfood & supplement powder.

How to: Place all the ingredients in a food processor and pulse until well mixed, divide into 15 small chunks and roll into balls until smooth. You can wrap them in cling film to protect them if you desire. They will keep for 5–7 days in the fridge or 1 month in the freezer.

For a bit of variation, substitute half of the oats for al dente cooked quinoa, which has a better protein profile than oats.

Makes 15 bites (eat 4 max a day)

Ingredients

1 cup oats

6tbsp almond butter

3 medjool dates, pitted

2 tbsp honey

1/2 tsp cinnamon

3 tbsp sesame seeds

3 tbsp chopped walnuts

6 tbsp cacao powder

7 servings (1 handy pack) of **sense* for joint & bone**

Nutrition Facts Complementing **sense* for joint & bone** superfood and supplement powder, the walnuts in this recipe have higher levels of omega 3s than most nuts. These work synergistically with our turmeric, ginger, and MSM, to reduce inflammation in the connective tissues, keeping joints healthy and moving smoothly. The sesame seeds have plenty of chromium and calcium assisting with your bone health.

sense* Recipe
for joint & bone
easy banana ice cream



sense*

for joint & bone easy banana ice cream

Makes sense* This banana ice cream is not only quicker and easier to make than regular ice cream, it is also much healthier with far less sugar and saturated fat.

Using **sense* for joint & bone** superfood & supplement powder.

How to: Cut the ripe bananas into chunks and freeze for at least 1 hour. Throw the frozen banana chunks into a blender with the rest of the ingredients and blend until smooth. (If you are having trouble getting the ice cream smooth, you can try adding a little more almond milk. It also helps to scrape down the sides of the blender to make sure that you get everything incorporated.)

Serves 2

Ingredients

4 ripe bananas

4 tbsp almond milk

2 tbsp toasted flaked almonds

1/2 tsp turmeric

1/4 tsp dried ginger

2 servings of **sense* for joint & bone** superfood and supplement powder

Nutrition Facts Unlike normal ice cream, which is high in fat and sugar, this ice cream is jam-packed with minerals to help with muscle and nerve function. High levels of potassium can help to alleviate cramps in those afflicted. Almonds are rich in calcium, which helps to maintain healthy bone density. The **sense* for joint & bone** formula contains extra calcium in the form of calcium citrate, which is a form of calcium that is more easily absorbed by the body than the calcium carbonate found in many other supplements.

sense* Recipe
for joint & bone
coconut & chocolate slices



sense*

for joint & bone coconut & chocolate slices

Makes sense* These are fantastic, tasty treats that fuel you through the day if you have to miss lunch or have it on the go.

Using sense* for joint & bone superfood & supplement powder.

How to: Combine the ingredients in a double boiler (bain marie) until the mixture reaches a porridge-like consistency. Pour the mixture into a greased cake tin with a removable bottom and tap on the table to settle. Place in the freezer until solid. Once the mixture has set, cut it into 15 roughly equal pieces. You can enjoy these as they are, or you can cover them in a little more desiccated coconut before serving.

Makes 15 bites (eat 6 max a day)

Ingredients

200g creamed coconut

200g dark chocolate

50g desiccated coconut

50g ground almonds

3 level tbsp coconut oil

3 level tbsp coconut butter

2 tbsp lemon juice

3 drops vanilla extract

5 serving(s) of sense* for joint & bone

Nutrition Facts Cacao has been shown to have prebiotic activity, helping to fuel good bacteria and rebalance digestive health. These properties are likely due to the presence of dietary fibres in cacao. These fibres cannot be digested by our digestive tract, but instead are fermented by the good bacteria to fuel their colonies. In a study, researcher John Finley, PhD, explains that cocoa powder is rich in two flavanol compounds, catechin and epicatechin, along with a small amount of dietary fiber. Good bacteria ferment the fiber and break down the large polyphenolic polymers into smaller, anti-inflammatory molecules which can be absorbed.

sense* Recipe
for joint & bone
avocado hummus



sense*

for joint & bone avocado hummus

Makes sense* A tasty avocado hummus even more jam-packed with nutrients than normal hummus!

Using **sense*** for joint & bone superfood & supplement powder.

How to: Blend all of the ingredients in a food processor until smooth. You may need to scrape down the sides of the food processor a few times to ensure that everything is well incorporated. Transfer the avocado hummus to a bowl and cover with cling film. Chill in the fridge for one hour to allow the flavours to combine. For an extra magnesium boost, serve with kale crisps!

Makes 10 servings

Ingredients

1 ripe avocado (approx. 80g)

400g canned chickpeas, drained

1 garlic clove, finely chopped

1 large lemon, juice only

½ tsp ground cumin

sea salt, to taste

3 serving(s) of sense* for joint & bone superfood and supplement powder

Nutrition Facts Healthy bones require adequate levels of calcium alongside both vitamin D and magnesium. Without magnesium, neither vitamin D nor calcium can be used by the body, as this powerful mineral converts these nutrients into usable forms. Vitamin C in the formula and lemon juice also rich in Vitamin C helps support cartilage function and collagen formation. Collagen is necessary to boost the elasticity of joints and skin. Copper found in chickpeas but also added in the formula is an essential mineral required by the body for bone and connective tissue.

sense* Recipe
for joint & bone
exotic nut tart



sense*

for joint & bone exotic nut tart

Makes sense* A refreshing alternative to cheesecake, making it a perfect summer dessert, particularly after an active day!

Using **sense*** for joint & bone superfood & supplement powder.

How to: For the base, crush the nuts in a food processor. Add the dates and one tablespoon of honey, agave or maple syrup and process again. Once the mixture is sticky, use a spatula to press it into a baking dish. (This is the base of the 'cheesecake'.) Then place the cashews in a food processor and process for several minutes until it becomes cashew nut butter. Add the fruit, coconut oil, **sense* for joint & bones** and the remaining honey, agave or maple syrup and process until it becomes a thick paste. Spread this over the base and place the dessert in the freezer for 3 hours,

Serves 8

Ingredients

1¹/₄ cups raw almonds

1¹/₄ cups raw pecans

2 cups dates

4 tbsp honey, agave or maple syrup

1 mango

1 cup pineapple

1 cup cashew nuts

1 tbsp coconut oil

Nutrition Facts Almonds are a good source of vegan protein, containing small amounts of all the essential and non-essential amino acids. Pecans are also a rich source of minerals like manganese, potassium, iron, magnesium, zinc, and selenium which contribute to muscle function, bone maintenance, connective tissue and normal cell division.

sense* Recipe
for gut health
tummy loving chia pot



sense*

for gut health tummy loving chia pot

Makes sense* Give your gut some TLC with this bowl of deliciousness.

Using **sense* for gut health** superfood & supplement powder.

How to: If mornings are busy, whip this up the night before, place it in the fridge and then grab and go, for a quick, healthy breakfast.

Or, add a decorative sprinkle of nuts, seeds and blueberries and serve it to guests at a dinner party as a small, nutritious dessert!

In a small bowl or cup combine all the ingredients, then add the water. Stir until evenly blended. Leave to rest for 5 minutes and then stir again, leave for a further 10–15 minutes and either enjoy immediately or leave in the fridge overnight.

To keep things interesting and seasonal you can change some of the ingredients; replace the agave with stewed apple, the blueberries with roasted peach, swap the coconut milk for another type of milk, or add cardamom, cinnamon, nutmeg or turmeric, to give a lovely warmth to the flavours.

Serves 1

Ingredients

3 tbsp chia seeds

½ cup blueberries

1 tbsp flaxseeds

1 tsp agave syrup

50ml coconut milk

50ml water

1 serving of sense* for gut health

Nutrition Facts This chia seed recipe goes well with **sense* for gut health** superfood and supplement powder, because it complements the acacia fibre with its own high fibre content. It reduces re-absorption of steroid hormones and cholesterol, helping to effectively and efficiently balance these levels in our body.

sense* Recipe
for gut health
green juice



**founder's
favourite
recipe**

sense*

for gut health green juice

Makes sense* An intense green juice that's packed with gut-friendly ingredients. (It may be pretty intense for beginners!)
Using **sense* for gut health** superfood & supplement powder.

How to: Blend the ingredients thoroughly with enough water to cover. Have for breakfast to keep you going all through the morning and even past lunch. In fact, try having half of the smoothie for breakfast and half whenever you get hungry in the morning. You will be having light lunches as a result!

Serves 1

Ingredients

100g carrots, organic if possible

100g courgette, organic if possible

100g cucumber, organic if possible

10g resistant starch (e.g. apple pectin or larch fibre)

5g organic baobab

5g spirulina

15g seeds, such as sesame or poppy

3g turmeric

1g ground black pepper

10g coconut oil

1 organic avocado (approx. 80g), if in season

1 to 2 servings of **sense* for gut health**

Nutrition Facts This green juice is probably one of our richest recipes. In fact, our founder Jonathan credits it with helping him to beat his IBS. The inclusion of coconut oil helps to dissolve the fat-soluble nutrients, so that they can be more easily absorbed by the body. The resistant starch combines with ingredients in the **sense* for gut health** formula, such as inulin, to make a powerful prebiotic formula to help feed your good gut bacteria and boost the diversity of your gut microflora.

sense* Recipe
for gut health
hot chocolate



sense*

for gut health hot chocolate

Makes sense* A wonderfully spicy hot chocolate that's comforting on a rainy day and great for your gut.

Using **sense* for gut health** superfood & supplement powder.

How to: To a saucepan, add the milk, dark chocolate and peppermint leaves. Gently warm while stirring until the chocolate has dissolved. Remove the saucepan from the heat and take out the peppermint leaves. Add the portion of **sense* for gut health** superfood & supplement powder and stir well. (Don't add this earlier, as the heat from the stove can damage the ingredients.) Finally, add the honey, agave or stevia to taste.

Serves 1

Ingredients

250ml milk of your choice

75g dark chocolate

1 sprig of mint, leaves only

1 tbsp honey, agave or stevia

1 serving of **sense* for gut health** superfood & supplement powder

Nutrition Facts This luxurious hot chocolate contains a number of ingredients known for their beneficial properties to the gut. Cinnamon has antioxidant properties, reduces inflammation and fights bad gut bacteria. Vitamin A and vitamin B2 support the health of gut membranes. This is important because nutrients are absorbed into the bloodstream by passing through the gut membranes. Peppermint use as a digestive aid extends back hundreds of years. Recent studies confirm that peppermint is helpful for relieving indigestion. Peppermint may also ease various symptoms of IBS, including abdominal discomfort and bloating.

sense* Recipe
for gut health
PB&J shake



sense*

for gut health PB&J shake

Makes sense* A delicious protein shake that tastes like the American favourite peanut butter & jelly sandwich.

Using **sense*** for gut health superfood & supplement powder.

How to: Add the ingredients to a blender and blend on high speed until the shake is frothy and smooth. If you wish, you can blend in a spoonful of nut butter to give the shake an even nuttier and richer flavour. The fats in the nut butter will also help to carry some of the fat-soluble nutrients.

Serves 1

Ingredients

250ml unsweetened almond or cashew milk

1 scoop chocolate protein powder

70g raw organic kale

70g frozen berries, such as blueberries or strawberries

1 tbsp organic flaxseed

1 tbsp organic chia seeds

1 serving of **sense*** for gut health superfood & supplement powder

Nutrition Facts This protein shake harnesses the combined nutritional benefit of protein powder plus our **sense*** for gut health superfood & supplement powder to deliver a serious nutrient bomb. Kale is full of fibre to help support healthy bowel movements. Both kale and cacao contain high levels of magnesium to help support the function of gut muscles. Almond and cashew milks are both emulsions, meaning that they can dissolve both water-soluble and fat-soluble nutrients. This helps the body to more easily and quickly absorb the nutrients found in the PB&J shake.

sense* Recipe
for gut health
butternut squash soup



sense*

for gut health butternut squash soup

Makes sense* An easy and hearty butternut squash soup enriched with gut-loving ingredients.

Using **sense* for gut health** superfood & supplement powder.

How to: Spread the vegetables onto a roasting tin and cover with the salt, pepper and oil. Roast until tender and golden-brown (around 45 minutes). Add the roasted vegetables to a saucepan with the vegetable stock and sense* for gut health powder. (The powder contains spices such as ginger, turmeric and rosemary to give the soup a great flavour.) Blend the soup using a hand blender until smooth.

Serves 4

Ingredients

1.5kg butternut squash, peeled and cubed

1 large onion, peeled and chopped

2 medium carrots, peeled and chopped

1 red pepper, deseeded and cubed

4 tbsp olive oil

1.5 litres vegetable stock

salt & pepper to taste

4 servings of **sense* for gut health**

Nutrition Facts This vegan soup is a good source of B-complex vitamins and fibre and is very often cooked with garlic, onion that add extra fibre to the gut and have also antimicrobial properties against harmful bacteria. Carrots and butternut squash are both rich in beta-carotene (a safe precursor of vitamin A) to support gut membranes and immune system, since 70-80% of immune tissue is situated in the gut.

sense* Recipe
for gut health
avocado chocolate mousse



sense*

for gut health avocado chocolate mousse

Makes sense* An easy and quick chocolate mousse with a dark secret... it's sugar free!

Using **sense*** for gut health superfood & supplement powder.

How to: Add the ingredients into a blender and blend until the mixture is smooth and airy. The longer you blend, the more airy the mixture will become. (You may have to scrap down the sides a few times, in order to make sure that everything is properly incorporated.) Transfer the mixture into 4 glasses or ramekins and leave in the fridge for at least an hour, to allow the mixture to firm up before serving. Garnish as you please; a nice garnish is a few blueberries and a mint leaf.

Serves 4

Ingredients

3 ripe avocados (approx. 240g)

4 tbsp raw organic cocoa powder

100ml chilled coconut cream

3 servings of **sense*** for gut health superfood and supplement powder

A word from the founder...

Chocolate appears in quite a few of our dishes and it's not just because the Aztecs thought it to be the food of the Gods. Good raw, organic cocoa was instrumental in my gut healing protocol that I followed religiously for over a year, and still do to a large extent. Cocoa is a great prebiotic ingredient that helps to feed the good bacteria in your gut, helping it to become stronger and fight off the advance of bad bacteria in your gut microflora. So in this dish your brain will be telling you to feel guilty, but your gut will be thanking you!

Jonathan Ebsworth

Founder of **sense***

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smart nutrition for modern living



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