

WWW.GOOD4U.CO



MAKERS OF  
**NATURAL  
FUNCTIONAL  
FOODS**

### OUR STORY

Good4U is a family owned health food business specialising in award winning, natural functional foods. Good4U are revolutionising healthy snacking, superfood toppers, living foods & children's healthy snacks, all of which are lovingly made in our Sligo and Cookstown factories. Developed by co-founder and qualified dietitian Michelle who has raised the bar with nutrition criteria that is unrivalled. Personalised nutrition is at the top of our agenda and all Good4U products contain no added sugar, no allergens and above all are highly nutritious and very tasty.



Market leader for sprouted seeds and constantly breaking new ground in snacking and value added ingredients Good4U are working with some of the most reputable food retailers in the World.



### OUR AIM

Good4U have a vision to become the world's most loved and trusted health food brand through our holistic approach to health and wellbeing and our mission to empower people of all ages to live a healthier life by making healthy eating accessible, affordable and fun.

**LIVING FOODS**

**BREAKFAST AND SALAD  
SUPERFOOD TOPPERS**

**CATERING RANGE**





Good  
4U

# LIVING FOODS

**SHELF LIFE**  
14 DAYS

**HIGH PROTEIN**

**READY TO EAT**

**HIGH FIBRE**

## LIVING VEGGIE PROTEIN SUPER SPROUTS



Unit Weight: 200g  
Case Size: 8 x 200g

## LIVING VEGGIE PROTEIN LENTIL SPROUT MIX



Unit Weight: 600g  
Case Size: 8 x 600g

### HOW TO USE

Can be used for a variety of dishes including soup, salads, wraps, sandwiches, pasta, stirfrys, curries and as a garnish for meat and fish plates.



### BEETROOT SALAD WITH FETA CHEESE

- 20gm Good4U Chilli Seed Mix
- 25gm Good4U Super Sprouts
- 1 Orange peeled & segmented
- 1 handful of Mixed Leaves
- 10gm Feta Cheese
- 1 Beetroot chopped & cooked

#### VINAIGRETTE

- 25gm Good4U Super Sprouts
- 1 Orange juiced
- 2tblsp Cherry Vinegar
- 1tblsp Honey
- 6tblsp Rapeseed Oil
- 1 handful of Rocket Leaves
- 1tsp Dijon Mustard

#### Instructions

Place orange juice, mustard, vinegar and honey in food processor. Slowly add oil, when fully blitzed add rocket and Good4U Super Sprouts. Season and adjust consistency with extra oil if needed.

#### To Serve

Dress the leaves in a bowl with vinaigrette. Neatly arrange feta cheese, beetroot and orange segments around the salad. Sprinkle some Good4U Sprouts of your preference and more vinaigrette on top.

# BREAKFAST AND SALAD SUPERFOOD TOPPERS



Omega Seed Mix\*



Unit weight: 1kg  
\*Omega Seed 1.4kg

Bespoke Mixes Available On Request

Energise Orange & Cocoa



Focus Apple & Cinnamon



Recharge Coconut & Berry



Lemon & Pepper



Tomato & Black Olive



Salad Super Seeds



Pumpkin Edamame & Seaweed



### HOW TO USE

Add to salad, stirfry, porridge, cereals, yoghurts and to bread to boost functionality and add texture



### Instructions

1. Place the oats and grated courgette in a small pan with the milk.
2. Stir in the turmeric, ginger, cinnamon and mix well.
3. Bring to a high heat then simmer for about 5-10 minutes until the oats and courgette have softened and absorbed most of the milk.
4. Remove from the heat. Serve in a large bowl with passion fruit, kiwi and Good4U Omega Super Seeds.

## ZOATS

- 1tblsp Good4U Omega Super Seeds
- 35gm Oats
- 150ml Coconut Milk
- 1/2 Courgette Grated
- 1/4tsp Turmeric
- 1/4tsp Ginger
- 1/4tsp Cinnamon
- 1 Passion Fruit
- 1 Kiwi