



COMPASSHEALTH

Well-being news

GO GRANOLA

LoveDean Granola is a healthy alternative to a traditional cooked breakfast. It's a natural, toasted cereal, enriched with natural oils and nuts, high in fibre, low in GI, wheat and lactose-free and it tastes yummy.

It makes a good way to kick-start the day, served with ice cold milk, or sprinkled on yoghurt.

Available in three flavours: Original No 1 Breakfast, No 1 Lite, No 2 Breakfast with cranberries and No 3 Breakfast with dates and apples.

It is £5.95 and is available from health food stores, and through www.lovedeanlarder.com



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