

ES Magazine
June 6th 2008
Circulation: 300, 330



Healthy breakfasts are becoming more and more popular. To really kick-start my body's metabolism and keep my energy levels high all day, I eat Lovedean granola. It's delicious with seasonal fruit and yoghurt, or on its own as a light snack during the day. High in fibre and with low GI, it stabilises your blood sugar levels - paramount in the morning. I buy it by mail order at www.lovedeanlarder.co.uk.



LOVE DEAN.

all natural

PO Box 14, Haslemere, GU27 9BU, Tel: 01428 654 253 Fax: 01428 648 687