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Food & drink notes

By Charles Campion



Oat to joy

At the 2007 Great Taste Awards, Lucy O'Donnell's Lovedean Granola picked up yet another gold. What is it about cereals? Porridge has re-invented itself, muesli has been revamped ... perhaps this will be the winter when that old stalwart granola comes to the fore? Lovedean Granola is made by toasting oats, pecans, Brazil nuts, hazelnuts, plus pumpkin, hemp, sunflower and linseeds then adding a little honey. The result is breakfast fodder that manages to taste nice and be good for you at the same time.

Lovedean Granola is available from independent health food shops and www.lovedeanlarder.com. It comes in four varieties - Original No 1 breakfast; No 1 Lite (35% less fat); No 2 breakfast (with cranberries); and No 3 breakfast (with dates and apples). 450g pots £5.95

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