

# THE HILL

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FOODandDRINK

## Gastro gossip

Digesting all the local foodie news

### SEEDS OF CHANGE

**THE MOST NUTRITIOUS** breakfast is also, happily, the most delicious, thanks to Lovedean Larder's new granola range. The original Breakfast No1 is a crunchy mix of oats, honey,



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pecans, hazelnuts, brazil nuts, pumpkin seeds, hemp seeds and linseeds, all luxuriously toasted and full of vitamins, minerals and nutrients as well as Omega 3 oils. In addition to the original recipe there's a cranberry concoction and an apple and date version, and they're all available at Wholefoods. Yum.

[www.lovedeanlarder.com](http://www.lovedeanlarder.com)

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