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Lovedean Granola Credit Crunch - A Great Munch If You Can't Afford Lunch 30 Sep 08

Beat the Post-Lunch Dip and the Money Blues with this Delicious and 100% Natural Meal

Lucy O'Donnell might have set out to create a healthy and nutritious breakfast but she inadvertently produced a cereal that has not only become an 'anytime of the day' snack but also makes a great lunch.

Lovedean is a low GI food that helps to keep energy levels high and hunger at bay so a bowlful during the day will be kind to both your body and your wallet.



Lovedean can be munched just as it is, with ice-cold milk or with lashings of natural yoghurt and fruit – whichever way you choose to eat it, you'll be re-fuelling with a natural and nutritious meal that will keep you going for the rest of the working day.

Lovedean is considered superior to other granolas due to its healthy preservative-free ingredients and method of cooking. Lovedean is made by toasting jumbo (high in cholesterol-lowering soluble fibres), hazelnuts (rich in protein) and nutrient dense Brazil nuts along with a selection of pumpkin and linseeds (both an excellent source of iron). The ingredients are then lightly toasted with healthy oils such as hemp oil, which is very rich in Omega 3. This granola is only sweetened with honey and is totally natural, contains no preservatives, additives, sugar or salt and, very importantly, no artificial sweeteners or hydrogenated fats.

Lovedean enthusiasts include celebrity chef, Tom Aikens, John Madejski (owner of Reading Football Club who feeds his team on it!), Tara Palmer-Tompkin, Normandie Keith and Louise Redknapp, whilst Daisy Lowe has been spotted with the snack pots in her bag.

Lovedean Granola comes in 4 different varieties: a standard original granola and its Lite version with 35% less fat; a granola with cranberries and a granola with apple.



LOVEDEAN.
all natural

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