

NEWS IN BRIEF

HEALTHY LIVING

A great munch if you can't afford lunch



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 oats, hazelnuts and nutrient dense Brazil nuts along with a selection of pumpkin and linseeds.



LOVEDEAN.
all natural

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