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Food news by Summer Nocon

BREAKFAST CLUB Lovedean Granola is a moreish mixture of jumbo oats, hazelnuts, Brazil nuts, pumpkin and linseeds that are lightly toasted with healthy oils (such as hemp, rich in omega 3). Created by Lucy O'Donnell, originally to provide a healthy breakfast for her family, she launched this range that has no trace of salt, cholesterol or e-numbers. It comes in four varieties: Juicy Date & Apple, Original, Tangy Cranberry and Lite Fantastic. From £1.50 for a 70g pot, from Waitrose, or order by calling 01428-654253.



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