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11 December

Love LoveDean

My New Year resolution? Well, to be honest, I've got quite a few. Start running seriously again, stop drinking alcohol during the week and, most of all, eat a better breakfast every day. I've an unhealthy addiction to scrambled eggs, which means I'm taking in lots of protein but also too much fat in the mornings - not the best way to start the day.

I don't want to overdo it on the carbs either so want to avoid simply eating toast. Plus I'm not a big cereal fan, though I remember being given some granola at my Godfather's house in Edinburgh and absolutely loving the stuff. So I recently tried out some LoveDean granola (www.lovedeanlarder.co.uk) and it's absolutely fab. It comes in three different varieties - I went for the apple and date, which is also full of oats, nuts, seeds and other extra healthy ingredients. So, from now on, you can expect me to be eating granola with yoghurt and honey for breakfast. With eggs on a sunday, just as a treat...

Now all I have to do is cut out the weekday wine and start doing the 15 mile runs again, and I'll be well on my way...

Ross

LoveDean will soon be on sale in Fortnum & Masons, Whole Foods, Daylesford Organics and Selfridges.

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