

# Core blimey



Apples eh? Powerful enough to keep the doctor at bay, and flippin' tasty to boot. These little beauts have come from our friend Paul Ward down on Mole End Farm. Crisp, sweet and juicy, they're just what the doctor ordered. Or we assume it would be. We've not seen him in a while.

**Abel & Cole**

# Make breakfast in your sleep

The most important meal of the day is too good to rush, so here's a little inspiration to get you prepping in advance for a brilliant, healthy breakfast.

## **Overnight Granola To Go:**

Quarter 1 apple, slice out the cores and coarsely grate it. Then take a 300ml jar and spoon 75g yogurt into it. Add half the apple and 2 tbsp granola. Top with another 75g yogurt, the remaining apple and 2 tbsp more granola. Top with another 75g yogurt, seal the jar and leave it in the fridge overnight. Breakfast ready to go.