



ABOUT ME | TINE

My name is **Tine**, I was born in 1984 in Belgium but I am living in the Algarve since 2018. I am married to David and dog mum of 2 adopted Portuguese shelter dogs. I am a lover of good food, wine tastings, dog cuddles, long walks and sunshine.

ABOUT GRANOLA

Granola is a fibre-rich snack made with the perfect combination of cereals - like oats -, mixed nuts, a variety of seeds, and honey or other sweetener. You can enjoy it as a **healthy breakfast** with milk, a vegetable drink or yoghurt and even give it an extra twist by adding some fresh fruits!

OLÁ GRANOLA!

Olá granola! is hand made in small batches in the oven in my mother's kitchen. I started making my own granola after realizing it tastes so much better - and is healthier - than the ones you can buy in the supermarket. And also because my family and friends kept asking me to make some more, and more, and more... ;)

THE FLAVOURS

The Original: made with oat flakes, mixed nuts, puffed quinoa, pumpkin-, sunflower-, sesame and flaxseeds, a touch of cinnamon and honey.

The Chocolate One: The Original mixed with cocoa powder and dark chocolate chips.

The Tropical One: The Original mixed with dried fruits and coconut flakes.

A GOOD CAUSE

I put my granola in packages of 250 grams for €5 - 500 grams for €9 - 1 kg for €16. For each package sold I donate **€1 to StreetLife**, a non-profit organisation who fund and organise sterilisations of dogs to prevent more unwanted puppies and strays in the East-Algarve. You can check their great work and support them on www.streetlife.pt.



TO PLACE AN ORDER: PM Tine's Instagram account, [@ola_granola_algarve](https://www.instagram.com/ola_granola_algarve), **OR** Message / call WhatsApp 0032 491 22 93 64, **OR** e-mail brabtime@gmail.com.

The granola is baked to order, so freshly made the day before delivery.

Tine will arrange a pick-up time for your order at the Intermarché carpark in Moncarapacho.