



MIKE ABRAHAMS - WILD OATS - BRISTOL



When we arrived in Bristol from the Netherlands, still driving a left hand drive Ford Fiesta, we soon found that all the refurbishments to the new shop did not provide sufficient storage space and so we used to store the sacks of grains, beans and muesli mixes in the basement of our house across the road about 200 yards away.

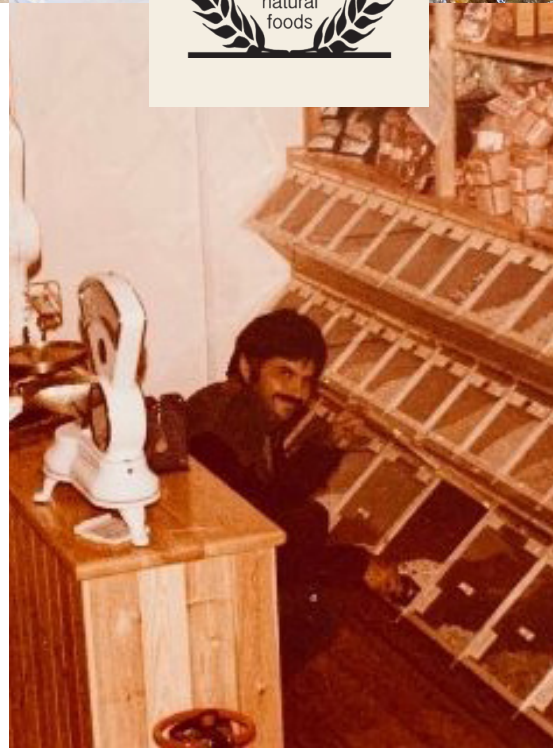
In those days we bought much of our bulk from Nova wholefoods up the Wells Road. Sacks could be anything up to 50kg, and we would select what we wanted and pile them into our tiny Fiesta and carefully drive back to the house and down to the basement. Then every morning we'd cart what we needed to the shop and then either pack them down into cello bags and label them up, or put the bulk into our tailor-made bins.

The bins were based on designs I had seen in Holland.

Nova were very accommodating, often collecting specials for us on their runs to London and Whole Earth and other specialist wholesalers. We enjoyed a great working relationship with Nova as we both grew and they moved into the centre of Bristol and later when they changed their name to Essential.

Wild Oats is an independent health store in Bristol and we're here for all your health and wellbeing needs. Our mission is to equip you with the knowledge and items you need to live a healthier life.

You can shop everything from wholefoods and natural beauty to eco-friendly household products and refillables to reduce your plastic waste!



## Oat & Apricot Flapjack

- 230g Oats
- 145g Malt Extract
- 50g Vegan Butter
- 120g Chopped Dried Apricots

- 1) Put apricots in a saucepan and add just enough water to cover.
- 2) Simmer apricots on a medium-high heat until all the water has been absorbed.
- 3) Mix syrup, margarine and oats and press half of the mixture into the tray lined with greaseproof paper.
- 3) Spread the apricots mixture and the remaining oats mixture and bake for another 30 minutes at 175C.