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Against the Grain

Every year, you make the same useless New Year's resolution: eat more healthy food.

And every year, you've trashed the idea within three days.

Then you probably go and blame yourself. But for what? The real problem isn't you, it's that most health food tastes like cardboard smothered with wallpaper paste. And is about as boring and dry as recreational calculus.

Ah, but we've stumbled upon an exception: Stark Sisters Granola. Made right in our backyard (well, Concord), it's got a health pedigree (organic, kosher, wheat-free, and vegan at once) impressive enough to keep your resolution on course. And it's tasty enough to keep your tummy pleased.

The granola, which is hand-roasted and stirred, is sweetened without anything phony or cloying (that'd be the honey). Furthermore, it's got double the almonds, pecans, walnuts, and pumpkin seeds of other granolas—plus maple-coated grains like rye, barley, and oats. Boring and dry? Hardly.

It's enough to make you want to throw on a granny dress and belt out some Joplin tunes.

Which is a perfectly appropriate reaction. You'd only be sowing your wild oats. So to speak.

Stark Sisters Granola, Debra's Natural Gourmet, 98 Commonwealth Avenue, Concord (800-858-5549 or starksisisters.com).

