



Boston Globe

Ultimate Granola

Don't expect anybody under 30 to truly understand this, but at mid-life you lose your passion for some things. You've seen it. Done it. Sliced bananas onto it. We're talking about granola, of course.

Once, it had very few ingredients. It tasted natural, elemental, pure. Over the years, it became so cluttered with nonessentials as to become untrue to itself.

Meanwhile, the fuzzy heads among us, the granola pioneers, developed more sophisticated tastes. We didn't want granola with Reese's pieces in it, but the original stuff started to taste like bran mash.

What we wanted was a pure granola, true to its original principles, not a cluttered trashy cereal. We sought Pla-

tonic granola with a small number of excellent ingredients.

Enter Debra, granola maker to the jaded but hopeful. Debra Stark of Debra's Natural Gourmet in West Concord started making a product for her own health food store that's now distributed in a variety of urban and suburban locations. The product is expensive, but we'd rather eat a small amount of this once in a while than any of the irrelevant varieties.

The grains are organically grown. Plus, in maple almond, lots and lots of crisp sliced almonds, maple syrup, canola oil and vanilla. That's it.

Debra's Stark Sisters Granola comes in three flavors: maple almond, maple raspberry blueberry, and nutty maple.

Stark Sisters Granola is available at fine natural product stores everywhere. The mother-store is Debra's Natural Gourmet, 98 Commonwealth Avenue, West Concord, Mass. 01742, toll free at 800-858-5549 as well as directly through their website at www.StarkSisters.com.

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GRANOLA**

www.StarkSisters.com