

Granola: Snack Food Or Cereal

By ELLY

Two special books, each reflecting a facet of the times, have been added to our kitchen cookery shelves in the last few months.

Joy and gentleness are inherent in "The Tassajara Bread Book." Tassajara, a valley in Monterey County, Calif. is the site of the first Zen Buddhist monastery in the Americas.

Edward Espe Brown, the cook and collector of the recipes writes:

"A recipe doesn't belong to anyone. Given to me, I give it to you. Only a guide, only a skeletal framework. You must fill in the flesh according to your nature and desire. Your

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Life, your love will bring these words into full creation. This cannot be taught. You already know. So please cook, love, feel, create."

"An activist attitude pervades "Diet for a Small Planet" by Frances Moore Lappe. In the forward she writes, "This book is about protein - how we as a nation are caught in a pattern that squanders it; and how you can choose the opposite - a way of eating that makes the most of the earth's capacity to supply this vital nutrient."

One book is soothing, the other is shocking, but both have some excellent recipes including variations of the delicious breakfast or snack food, Granola.

TASSAJARA GRANOLA

parts rolled oats
part sesame seeds
part sunflower seeds
part raisins
part peanuts
Other possibilities:
part almonds, chopped
part walnuts, chopped
Pine nuts
Puckwheat groats
part wheat germ
part dates, chopped
part dried apricots, chopped
part coconut

To every 10 cups of dry ingredients add one-half cup oil, one-half cup honey and just enough water to moisten all ingredients and aid in mixing in oil and honey. Spread out on a cookie sheet from roasting pan. Roast in 350 degree oven for about an hour or until crunchy brown, stirring occasionally. Add raisins, dates, dried apricot, dried apple or other dried fruit as you choose.

CRUNCHY GRANOLA

1/4 c. vegetable oil
1/4 c. honey
1 T. vanilla
1/2 T. instant powdered milk
2 T. brewer's yeast
1 c. wheat germ
1/4 c. sesame seeds
1/2 c. coconut shreds
1 c. rolled wheat
1 c. rolled oats

In a large saucepot heat together oil, honey, and vanilla until the mixture is very thin. Stir in the remaining ingredients in the order given, coating each one slightly with the honey mixture. The cereal can be roasted one of two ways: (1) Put all the cereal in a large shallow pan, and place in cold oven. Turn heat to 350 degrees and watch for the browning to begin. Stir the browned parts and check every five to 10 minutes, stirring to scrape sides and bottom of pan. Continue cooking until all of the cereal is deep golden brown. (2) Spread thin layers of the cereal on baking sheets and toast in 225 oven for about 1 1/2 hours.

THIS RECIPE will make about 12 cups. Each cup will supply 21 to 25 per cent of the daily protein allowance.

Granola is really a delicious way to start the day with milk, yogurt, nuts and dried or fresh fruit. In this recipe, the milk powder complements the sesame seed. But to complement the grains, you will need to add milk or yogurt.



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