

## Stark Sisters Granola (Organic, Vegan, Soy-Free, Wheat-Free)

Thursday, 18 May 2006

If I had to venture a guess, I would say that the Stark Sisters have a passion for two types of foods, hearty cereals and maple syrup. Each granola flavor is sweetened with pure maple syrup, and filled with high quality, yet "rugged", ingredients. Organic whole rolled oats are also a common theme, making for a chewy trail mix style, rather than the chunky clusters found in some commercial brands. Our tasters were equally divided between the maple syrup fans and the non-fans. That being said, the granolas are quite diverse in texture, substance, and overall flavor.

- Pros: Vegan; Hearty; Quality ingredients, including organic grains; Wheat free; Maple syrup is the only sweetener
- Cons: Although it blends well, as a snack, it tends to have a very chewy oat texture; High calorie

### Recommended For:

- Maple Fans
- Hearty Granola Lovers
- Breakfast Cereal Blends
- Long Hikes  
 Flavor: Original Maple Almond  
 The Maple Almond flavor really hit home, with a slightly sweet, yet bold maple flavor and a great texture. We loved the combination of chewy oats, sliced almonds, and crunchy rye and barley bits. Unlike most granolas, its higher calorie blend is offset by a low sugar content and good fiber. Although I love hearty foods, it helped to lighten this mix up by adding some wheat flakes for my morning cereal.  
 Flavor: Nutty Maple Almond  
 Definitely homemade with care, the Nutty Maple granola is stocked with big pecans, whole pumpkin seeds, rolled oats, and a wealth of healthy goodies. I loved the mix, while my husband found it to be a touch too hearty for his breakfast cereal. He would have liked some crispy rice cereal cooked in to lighten it up a bit. Conversely, my husband liked the flavor, but for my taste buds the added molasses (unique to this flavor only) was a bit intruding on the sweetness of this granola.  
 Flavor: Lo-Fat Maple Raspberry Blueberry  
 This was our top choice for a tasty breakfast cereal. It is quite a bit higher in sugar than the other two varieties. For some reason sugar always seems to make things more popular. The added corn puffs and freeze-dried blueberries and raspberries soaked nicely into our rice milk.

### Where to Buy:

- Buy Phone - Call Debra at 800-858-5549
- In Store - Natural Food Stores throughout the U.S.