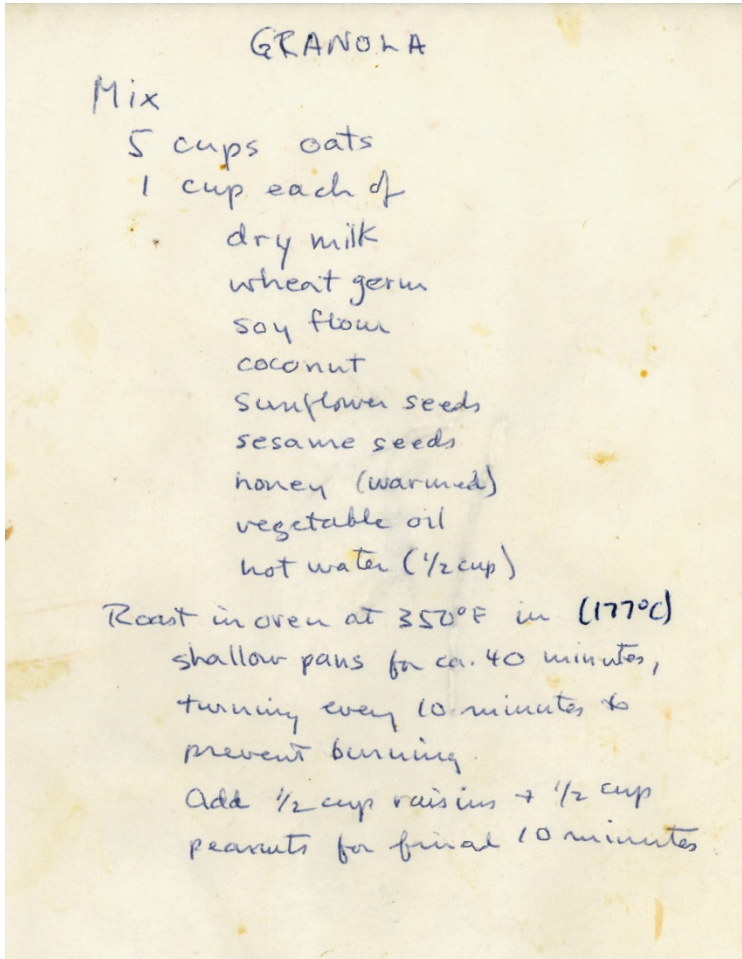


# Eat Wright

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compiled by Hilary Birks

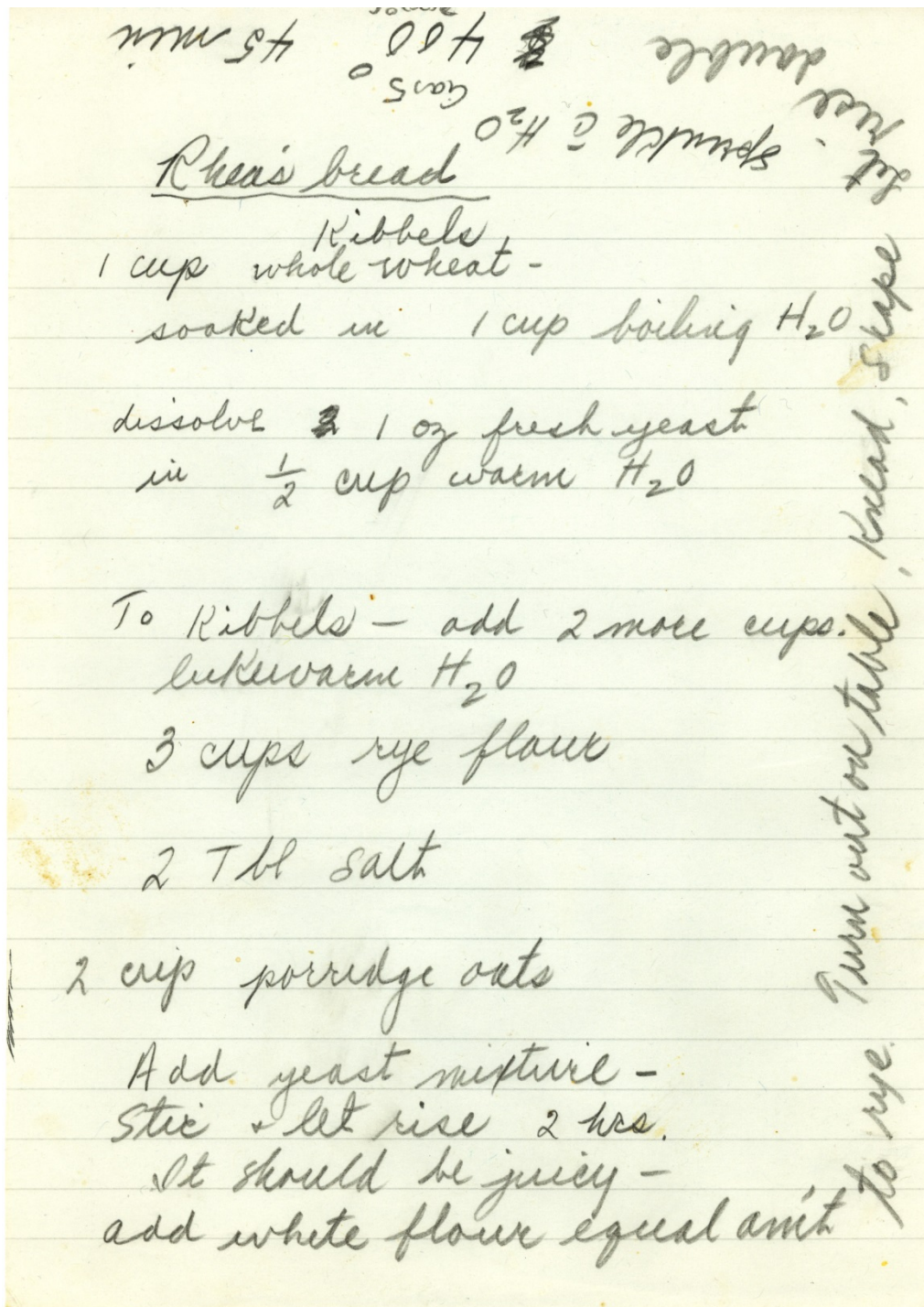
## Herb's Granola



Herb loved to go to the health-food shop to get the ingredients. On long journeys, he had some granola in a container beside him and munched it.

I make this regularly, and use my own choice of extras, e.g. almonds, not peanuts.

## Rhea's Bread



We tried this recipe when she visited us in Cambridge. It is unusual, but very good!

(Kibbled wheat – grains are cracked or broken into smaller particles and then moistened or steamed and dried. Kibbled wheat is used as an ingredient in mixed grain bread or cooked as a side dish.)

Translation:

1 cup kibbled wheat soaked in 1 cup boiling water

Dissolve 1 oz fresh yeast in ½ cup warm water

To the kibbles, add;

2 more cups of lukewarm water

3 cups rye flour

2 tablespoons salt

2 cups porridge oats

Add the yeast mixture, stir and let rise for 2 hours. It should be juicy.

Add white flour – an equal amount to the rye flour.

Turn out on table, knead, shape, and let it rise until double the volume.

Sprinkle the loaf with water

Bake at 400°F – 200°C – Gas 5 for 45 minutes