




TASTE TEST granola

Granola comes in dozens of varieties these days, no longer solely found in natural food stores. We sampled nine brands with raisins as the common additive. Panelists decided they could eat these cereals for breakfast, as a snack or dessert. But watch your portions: Granola tastes healthy, but it packs plenty of calories and fat. You might do well to treat it as a topping for yogurt or fruit.

Kathy Saunders, Times correspondent

Product/ serving	Quaker Natural Granola (with oats, honey & raisins) ½ cup serving		Mona's "The Original" Granola ½ cup serving		Kashi Mountain Medley ½ cup	
Calories	237		140		220	
Fat/Fiber	9.13g / 14.3g		7g / 3g		7g / 6g	
Judges' comments	Very crunchy with a hint of coconut taste. Judges described the clusters of granola as "very inviting." One called it "Chunky Monkey" granola.		Toasted oats add lots of color to this mixture. "It's like a mountain hike along the coast of California with a cool Pacific breeze," said one panelist who loved the combination of oats, sunflower seeds and almonds.		Kashi's granola was not as crunchy as some, but it had a smooth, maple flavor that judges preferred. One judge described the taste as "gentle," saying he especially liked the plump raisins and cranberries mixed with the oats.	
Shopping information	\$5.29 for a 28-ounce box at Publix		\$2.99 for an 11-ounce package at Publix		\$3.99 for a 14-ounce box at Publix	

ALSO SAMPLED: Breadshop Organic Cinnamon Raisin Granola (\$4.29 for a 13-ounce package at Nature's Finest Foods in St. Petersburg); Kellogg's Low Fat Granola with Raisins (\$4.19 for an 18-ounce box at Publix); Heartland Granola Low Fat Raisin (\$3.09 for a 14-ounce box at Nature's Finest Foods); Zoe's Granola Cinnamon Raisin (\$4.49 for an 11-ounce box at Nature's Finest Foods); Health Valley Granola Raisin Cinnamon (\$4.19 for a 12.5-ounce box at Nature's Finest Foods); and Bakery on Main Gourmet Naturals (\$5.69 for a 12-ounce package at Nature's Finest Foods).

PANELISTS: Nan Jensen, registered dietitian with Pinellas County Cooperative Extension; Bob Devin Jones, artistic director of Studio@620; Jim Yockey, aesthetician at Anu You Institute; and consumer/foodie John Hehn, owner of All Brite Lighting & Power Design Inc. All foods were tasted blind.



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