

**CHAPTER 2**  
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**High Country Café**

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# HIGH HAMPTON INN & COUNTRY CLUB

Reservations: 1-800-334-2551  
 P.O. Box 338 • Cashiers, NC 28717  
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*We Welcome You To Dine With Us*  
 Three Meals Daily • Seven Days A Week

Service is buffet selection and features a choice of excellent cuisine dishes.

Entrees include fresh local trout, prime rib of beef,  
 London broil, lamb, baked ham, chicken, salmon, barbecue, and steak.

Vegetables are fresh and the salad selections are extensive.

At lunch and dinner, a different soup is available with each meal.

You may serve yourself or have it served to your table.

Breakfast: 7:00 AM – 9:30 AM • Lunch 12:00 – 2:15 PM  
 Dinner 6:30 – 8:15 PM

Visit our Rock Mountain lounge prior to dinner for a  
 Spectacular Mountain View setting.

(Coat and tie required for lounge and dinner)

Reservations Suggested

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Cottages • Vacation Homes  
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## Thea's Organic Kitchen

### Grandma's Granola

- 4 cups old fashioned rolled oats
- 1/4 cup sesame seeds
- 1 cup walnuts, whole or pieces
- 1 cup almonds, chopped
- 1 cup sunflower seeds
- 1/4 cup maple syrup
- 1/4 cup honey
- 1/2 tsp. salt
- 1 tsp. vanilla
- 2/3 cup oil
- 3/4 cup dried fruit (raisins, dates, cranberries)
- 1/4 cup toasted or raw wheatgerm

Toss everything together except the dried fruit and wheatgerm. Bake at 325 degrees on a cookie sheet turning once. Remove from oven and place in a large bowl. Toss in dried fruit and wheatgerm. Serve with organic whole yogurt or milk. Makes a great topping for ice-cream or use in your favorite fruit crisp.

This is a basic granola recipe and can be varied in many ways by substituting various nuts and dried fruit or adding spices like cinnamon, cardamom and pumpkin pie spice. Refrigerate for extended freshness. Keeps well for at least a month.

Ok, I admit it. I began my cooking career during the Birkenstock and granola era of the seventies. Granola has been a constant mainstay through all the other food fads and I highly recommend keeping some on hand. It is easy to make and a healthy meal or snack. But I warn you; once you've had fresh, homemade granola the pre-packaged varieties will no longer be as appealing.

Be sure to visit Thea at [www.theaskitchen.com](http://www.theaskitchen.com)

by Cynthia Stacey