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