

# TOWN&COUNTRY

## Hero Worship: Spa Granola

These made-in-Malibu oats might be the holy grail of granola.

BY JAMIE ROSEN



I am 100% aware of the fact that granola is a dessert crumble masquerading as a health food, but I don't really care. I make [olive oil granola with dried apricots and pistachios](#), I was once enrolled in a [granola-of-the-month club](#) and I get my favorite hazelnut granola at [Locanda Verde](#) as often as possible. And I am particular about what I like - crunchy and not too sweet, with small clusters. Coconut, almonds, and apricots are all good additions. I can do without dry muesli-style granola, as well as overly cloying honey-soaked grains.

So when I recently met Sue and Alex Glasscock, the founders of the Ranch at Live Oak Malibu, a 7-day take-no-prisoners wellness retreat, they left me with two things. One: news of their soon-to-be-launched short program, the Ranch 4.0, a Thursday-to-Monday jaunt where guests stay at the Four Seasons in Westlake, California. (Don't worry, they still exercise over eight hours a day. You can make a reservation now for September.) And two: a bag of their maple syrup-sweetened, steel-cut oat granola with organic cashews, sunflower seeds, and blueberries. Just as I was emptying the bag, I realized that you can buy it online. So even if I won't be retreating to the Ranch soon, I'll have a piece of their wellness arsenal in my pantry.

\$26 for a 22-ounce bag, [theranchmalibu.com](http://theranchmalibu.com)