

Sarah Lanphier, owner of Nuts About Granola, started the business with her mom while in college. They just expanded and opened up a new kitchen in York.



Photos by JASON PLOTKIN for Smart

# She's Nuts About Granola

**Online**

Visit Nuts About Granola at 46 W. Philadelphia St., York, or online at [nutsaboutgranola.com](http://nutsaboutgranola.com).

For Sarah Lanphier, hard work starts before the crunch of dawn

By KATIE MARKEY MCLAUGHLIN for Smart

It's 4:30 a.m., and while most of York County is still sound asleep, Sarah Lanphier is already hard at work.

The 27-year-old CEO and co-owner of Nuts About Granola in York said her business is entering a critical period of growth, so she doesn't have time for such luxuries as sleeping in.

Lanphier started Nuts About Granola with her mom in 2008 after selling fresh-made granola as a fundraiser for her triathlon team at Elizabethtown College. Her goal is to provide a natural, organic product that is both healthy and delicious.

"Our granola is based on our philosophy

of eating real, wholesome food," Lanphier said.

Her products don't use any artificial chemicals, dyes or preservatives.

"All of our ingredients are actually food," she said.

Lanphier also strives to pique her customers' interest by creating unique and unexpected flavor combinations, like Mexican Hot Chocolate granola — which features dark chocolate, cinnamon and a hint of cayenne pepper — and Carrot Cake granola, which is baked with real carrots.

"We regularly try to come up with something a little different," Lanphier said.

That creativity has paid off. Since the company's start, Nuts About Granola has

garnered national attention, most recently being featured in the December 2013 issue of *Better Homes and Gardens*. The magazine named Nuts About Granola's College Staple (Peanut Butter and Jelly) flavor one of the "best gift-worthy granolas."

Lanphier is also committed to running her business with a conscience. With socially responsible companies like Clif Bar & Company and Stonyfield Farm as her inspiration, she's dedicated to sticking to her values, even as Nuts About Granola grows.

"It's about offering good jobs, being good neighbors and really supporting the community," she said.

One way she's doing that is by partnering with the Lancaster-based VisionCorps,



Lanphier counts trays at her new kitchen in York.

which provides services to those who are blind or vision impaired. Lanphier makes granola in the nonprofit's food manufacturing plant and provides VisionCorps with employment opportunities.

While the ins and outs of her business certainly keep her busy, there is one activity Lanphier always makes time for — exercising.

She's a member at CrossFit York and aims to work out for at least an hour every day.

"That's my time," she explained. "Being physically fit is just part of who I am, and I will always maintain that because I know if I don't, everything else will suffer as a result."

### Strawberry Shortcake Waffle Stack

With strawberry season right around the corner, you'll love this fun and healthy Strawberry Shortcake Waffle Stack featuring College Staple granola. Serves: 1

#### Ingredients

- 2 frozen organic waffles
- 2 tablespoons organic cottage cheese
- 1 tablespoon plain organic Greek yogurt
- 1 teaspoon liquid Stevia
- 1 teaspoon cinnamon
- Sliced strawberries and bananas
- 2 tablespoons College Staple granola

#### Directions

Prepare filling by combining cottage cheese and yogurt. Add Stevia and cinnamon and stir. Set aside. Lightly toast waffles. Top one waffle with half of the filling and half of the fruit. Place the other waffle on top and repeat layer. Finish by sprinkling granola on top.

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