One reason that Oauth tokens should not be granted in the main flow is because it is less secure. If you grant the token in the main flow then the token will be stored on the user's computer, which could be hacked and used maliciously. Whereas using a three legged flow allows you to store an id and secret on the user's computer, the user uses that to get access to a token which is stored on the server and not on the user's computer making it more secure.