



Scroggin

Ingredients

1 1/2 cups Harraways Rolled Oats
1/2 cup wheat germ
1/2 cup nuts
1/4 cup sesame seeds
1/4 cup blanched slivered almonds
1/2 cup mixed raisins or sultanas
1/2 cup coconut
Mix together:
1/4 cup vegetable oil
1 tsp. pure vanilla
1/4 cup honey

Pour over dry mixture. Spread evenly on oiled baking sheet.

Bake for 20 to 30 minutes at 170 C, stirring once or twice.
Cool and break up any lumps.

Store in an airtight container.

Variation: Add a 1/2 tsp. cinnamon for a different taste.

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