



Harraways Salad Sprinkle

Mix together

2 cups rolled oats

1 cup mixed chopped nuts, (almonds, sesame seeds, sunflower seeds & cashews).

1 teaspoon coriander powder

½ teaspoon cumin powder

Mix ¼ cup of oil with 2 teaspoons of fresh lemon juice.

Mix the dry ingredients together and then stir in the oil and lemon juice.

Place in a large roasting pan and grill at medium (180C) in the oven for 10-15 minutes stirring until evenly browned.

Allow to cool and store in air tight glass jar.

Sprinkle over salads and vegetable dishes as desired.

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