



Family Muesli

Ingredients

600g Dry Roasted Oats and Barley Flakes with a hint of honey
50g Hazelnuts
16g Sunflower Seed
16g Pumpkin Seeds
45g Dried Apricots (chopped)
45g Raisins
½ tsp Cinnamon

Method:

Due to the uniqueness of this product; we have done all the hard work for you so there is no need to toast your oats. Simply measure out the required ingredients in a bowl, mix them well. Then store finished muesli in an air-tight jar or container until you are ready to enjoy them.

Recommended serve size 40g contains Energy 584 kJ, Carbohydrate 21.6, Sugar 5.3 This recipe will make 19 serves.



CERT TM used under licence.

Recipe developed in accordance with the Heart Foundation Tick recipe development guidelines.

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