



Harraways Morning Muesli Zing

- ½ cup Harraways Honey Roasted Jumbo Oats
- ¼ cup hot water.
- 2 Tbsp Wheatgerm
- 3-4 Brazil nuts chopped
- 1 small apple chopped or grated with skin on
- 4-5 blackberries or raspberries
- 1 Tsp lemon zest (grated rind)
- ½ Tsp cinnamon.

Add hot water to the Honey Roasted Oats to soften.
Add remaining ingredients and serve with yoghurt or soymilk.
Enjoy.

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