



Breakfast-Muesli

4 cups Harraways Rolled Oats

½ t mixed spice

1 cup Wheat germ

½ t cinnamon

2 cups Bran

½ cup Soya Oil

½ cup Coconut

½ cup Milk

Measure all dry ingredients into a large roasting pan.

Add the oil and mix thoroughly.

Stir in milk and mix.

Bake at 150°C for 30-40mins until mixture brown evenly.

Stir thoroughly every 10mins.

Cool before storing in airtight bags or jars.

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