



Harraways Toasted Muesli

400g Harraways Rolled Oats
100g mixed nuts
40 g coconut
75g mixed seeds (linseed, sunflower & sesame)
150 ml water or low fat milk
100 ml Tick approved oil
½ teaspoon vanilla essence

Combine all dry ingredients in a large shallow roasting pan.
Mix wet ingredients together and pour over dry ingredients.
Bake at 190C for 20-30 mins stirring occasionally until crisp and golden.

Add dried fruit as desired.

Leave to cool and store in air tight container.



CERT TM used under licence.

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

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