



## Plain-Muesli

4 cups Harraways Rolled Oats

100g Sunflower Seeds

1 cup Bran

100g Sesame Seeds

1 Cup Coconut

250g Pumpkin Seeds

1 cup Skim Milk Powder

500g Mixed Dried Fruit

Mix all together well, as this contains skim milk powder just add hot water and it is ready to eat.

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