



Harraways-Toasted-Cereal

400g Rolled Oats

100g mixed nuts

75 g coconut

75g mixed seeds (linseed, sunflower & sesame)

100g honey

150 ml water or milk

150 ml oil

½ teaspoon vanilla essence

½ teaspoon salt

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.

Leave to cool and store in air tight container.

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