

Simmonds Tyres

BRIDGESTONE



HEATHER'S TOASTED MUSELI

Ingredients

8 cups rolled oats
1 cup each:
thread coconut
sunflower seeds
sesame seeds
cut apricots or other dried fruit sliced almonds
oat bran 1/4 tsp salt
Cinnamon for flavouring



Method

Mix well the above (except the dried fruit) in a bowl or large baking/roasting tray.

Melt 1 cup liquid honey in the microwave for 1 min on high. Add 1 cup oil & 2 tsp vanilla essence. Stir well.

Pour over dry ingredients. Mix well. Bake in a low oven (Gas 1, 125 deg C) for 1 hour stirring occasionally. (NB I have increased the oven to 130 deg C)

It is important to mix the muesli as it cools so it doesn't stick together.

Add sultanas and dried fruit when cool.

Notes: I use a light liquid honey and a very light oil eg Alpha Rice Bran oil. A heavy oil and honey tends to make the muesli sticky.

