

Marita's Muesli

Set oven to 150°C (300°F)

Mix together in large roasting dish:

1kg whole oats	1c sunflower seeds
1c coconut threads	1c pumpkin seeds
1c chopped nuts	½ c wheat germ
1c sesame seeds	

Heat together ¾ c canola oil and ½ c Syme's honey dew and add to dry ingredients.

Mix thoroughly.

Cook until lightly browned – about 30 minutes (stir every 10 minutes).

Add about 3c of a mixture of dried fruit (eg raisins, currants, craisins, chopped dried apricots, crystallized ginger) and return to oven for 10 minutes to sterilise the fruit.