

Kiwi Organics Cookbook

Gran's Muesli

ingredients

- 2 tbsp oil
- 3 tbsp honey
- 2 cups rolled oats
- 1 cup Kiwi Organics corn bran
- 1 cup desiccated coconut
- 1 cup sunflower seeds
- 1 cup pumpkin seeds
- 2 cups assorted dried fruit

Melt oil and honey together. Combine with oats, bran, coconut and seeds in a large baking dish. Bake at 150°C for 30 minutes, stirring occasionally. Mix in dried fruit and leave to cool. Store in an airtight container.

