

PUMPKIN SEED CRUNCHY CEREAL

Ingredients

- 120ml sunflower oil
- 90ml clear honey
- 250g wheat flakes
- 50g Crazy Jack Hazelnuts chopped
- 50g Crazy Jack Sunflower Seeds
- 25g Crazy Jack Linseed
- 90ml malt extract
- 250g rolled oat flakes
- 50g Crazy Jack Almonds chopped
- 50g Crazy Jack Pumpkin seeds
- 25g Crazy Jack Sesame Seed

Method

1. Preheat oven to 190oC / gas mark 5
2. Place oil, malt & honey in a pan and heat gently until malt & honey are runny.
3. Place the remaining ingredients in a large bowl. Pour the oil mixture into the bowl and stir thoroughly to coat.
4. Turn into a large roasting pan and bake for 35 – 40 minutes stirring occasionally. Leave to cool, then break up any large pieces with your fingers. When cold store in an airtight container. Delicious for breakfast with yoghurt, milk or stewed fruit.