

Corn Flakes & Nut Roast

6 cups corn flakes
1 ½ cups grated nuts
3 eggs
3 cups milk
1/3 cup of oil
1 large onion grated
1 ½ tsp. beef style soup base or marmite
1 tsp. sage
½ tsp chicken style spice
½ tsp. salt

Mix corn flakes and nuts in a greased
casserole dish. Mix all other ingredients in
a bowl and pour over corn flakes/nut mix.
Bake in a covered casserole dish for 1 hour
at 350C F