



Dried Fruit and Cereal Snack Mix

Cereal is not just for breakfast. This crunchy snack mix made with cereals and dried fruit is whole grain-rich and fun to eat.

Ages: 6–18 years

Makes: 6 servings

Prep time: 10 minutes

Cook time: 0 minutes

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INGREDIENTS

- 1 cup + 2 Tbsp** apples, dried, slices or rings, regular moisture, ½" chopped
- 1 cup + 2 Tbsp** cherries, red tart, dried, whole, without pits
- 1½ cups (3 oz)** shredded wheat cereal, frosted, bite-sized
- 3 cups (1¾ oz)** toasted whole grain oats cereal, o-shaped
- 1½ cups (3 oz)** multigrain cereal squares

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DIRECTIONS

1. Wash hands with soap and water for at least 20 seconds.
2. In a medium bowl, combine all ingredients. Toss.
3. Serve 1¼ cups.

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NUTRITION INFORMATION

1 ¼ cups Dried Fruit and Cereal Snack Mix

Nutrients	Amount
Calories	322

Total Fat	2 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	154 mg
Total Carbohydrate	76 g
Dietary Fiber	7 g
Total Sugars	24 g
Includes Added Sugars	N/A
Protein	5 g

Vitamin D	N/A
Calcium	75 mg
Iron	32 mg
Potassium	N/A

N/A = Data not available

Source: Team Nutrition CACFP Easy Recipe Project

TeamNutrition.USDA.gov

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CACFP CREDITING INFORMATION

¾ cup fruit
1 ¼ oz eq grains

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CHEF TIPS

- **Contains wheat (cereal).**
 - Each cereal must not contain more than 6 grams of total sugars per dry ounce.
 - Dried fruits credit as twice the amount served.
 - The symbol indicates the recipe is whole grain-rich.
 - Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.