




## 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  
**PREP TIME:** 45 minutes  
**COOK TIME:** 0 minutes

### CACFP CREDITING INFORMATION

$\frac{3}{4}$  cup fruit  
 1  $\frac{1}{4}$  oz eq grains 

### SOURCE

Team Nutrition CACFP Easy Recipe Project  
[TeamNutrition.USDA.gov](http://TeamNutrition.USDA.gov)

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<ol style="list-style-type: none"> <li>1 Wash hands with soap and water for at least 20 seconds.</li> </ol>
Apples, dried, slices or rings, regular moisture, $\frac{1}{2}$ " chopped	1 lb	1 qt + $\frac{3}{4}$ cup	2 lb	2 qt + $1\frac{1}{2}$ cups	<ol style="list-style-type: none"> <li>2 In an extra-large bowl, combine all ingredients. Toss.</li> </ol>
Cherries, red tart, dried, whole, without pits	1 lb 11 oz	1 qt + $\frac{3}{4}$ cup	3 lb 6 oz	2 qt + $1\frac{1}{2}$ cups	
Shredded wheat cereal, frosted, bite-sized	13 oz	1 qt + $2\frac{1}{4}$ cups	1 lb 9 oz	3 qt + $\frac{1}{2}$ cup	

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Toasted whole grain oats cereal, o-shaped	10½ oz	3 qt + 2 cups	1 lb 5 oz	1 gal + 3 qt	
Multigrain cereal squares	13 oz	1 qt + 2¼ cups	1 lb 9 oz	3 qt + ½ cup	
					<b>3</b> Serve 1¼ cups dried fruit and cereal snack mix.




**NUTRITION INFORMATION**

1 ¼ cups Dried Fruit and Cereal Snack Mix

<b>NUTRIENTS</b>	<b>AMOUNT</b>
<b>Calories</b>	<b>322</b>
<b>Total Fat</b>	<b>2 g</b>
Saturated Fat	0 g
Cholesterol	0 mg
<b>Sodium</b>	<b>154 mg</b>
<b>Total Carbohydrate</b>	<b>76 g</b>
Dietary Fiber	7 g
Total Sugars	24 g
Includes Added Sugars	N/A
<b>Protein</b>	<b>5 g</b>
Vitamin D	N/A
Calcium	75 mg
Iron	32 mg
Potassium	N/A

N/A = Data not available

**NOTES**

- **Contains wheat (cereal).**
- Each cereal must not contain more than 6 grams of total sugars per dry ounce.
- Dried fruit credits 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.

**WEIGHT/YIELDS**

<b>25 Servings</b>	<b>50 Servings</b>
4 lb 15½ oz	9 lb 13 oz
1 gal 3 qt ¾ cups Dried Fruit and Cereal Snack Mix	3 gal 3 qt ½ cups Dried Fruit and Cereal Snack Mix