



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: 3–5 years

PREP TIME: 45 minutes

COOK TIME: 0 minutes

CACFP CREDITING INFORMATION

½ cup fruit

½ oz eq grains 

SOURCE

Team Nutrition CACFP Easy Recipe Project

TeamNutrition.USDA.gov

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					1 Wash hands with soap and water for at least 20 seconds.
Apples, dried, slices or rings, regular moisture, ½" chopped (see notes)	10½ oz	3 cups + 2 Tbsp	1 lb 5 oz	1 qt + 2¼ cups	2 In a large bowl, combine all ingredients. Toss.
Cherries, red tart, dried, whole, without pits (see notes)	1 lb 2 oz	3 cups + 2 Tbsp	2 lb 4 oz	1 qt + 2¼ cups	
Shredded wheat cereal, frosted, miniature-sized	6½ oz	3 cups + 2 Tbsp	13 oz	1 qt + 2¼ cups	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Toasted whole grain oats cereal, o-shaped	5½ oz	1 qt + 3 cups	10½ oz	3 qt + 2 cups	
Multigrain cereal squares	6½ oz	3 cups + 2 Tbsp	13 oz	1 qt + 2¼ cups	
					3 Serve ¾ cups (#6 scoop).


NUTRITION INFORMATION

⅔ cup Dried Fruit and Cereal Snack Mix

NUTRIENTS	AMOUNT
Calories	188
Total Fat	1 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	81 mg
Total Carbohydrate	45 g
Dietary Fiber	4 g
Total Sugars	14 g
Includes Added Sugars	N/A
Protein	3 g
Vitamin D	N/A
Calcium	42 mg
Iron	16 mg
Potassium	N/A

N/A = Data not available

NOTES

- **Contains wheat (cereal).**
- **Choking prevention:** Dried fruit can be a choking risk for children under the age of 4.
- If you choose to make the recipe without dried fruit, combine the cereals in a bowl, toss, and serve ½ cup. Credits as ½ oz eq grains.
- 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

25 Servings	50 Servings
2 lb 14¾ oz	5 lb 13½ oz
1 gal ¾ cup Dried Fruit and Cereal Snack Mix	2 gal 1½ cups Dried Fruit and Cereal Snack Mix