



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

Makes: 6 servings

Prep time: 10 minutes

Cook time: 0 minutes

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INGREDIENTS

$\frac{3}{4}$ cup apples, dried, slices or rings, regular moisture, $\frac{1}{2}$ " chopped (see notes)

$\frac{3}{4}$ cup cherries, red tart, dried, whole, without pits (see notes)

$\frac{3}{4}$ cup (1 $\frac{1}{2}$ oz) shredded wheat cereal, frosted, miniature-sized

$\frac{1}{2}$ cups (1 $\frac{1}{4}$ oz) toasted whole grain oats cereal, o-shaped

$\frac{3}{4}$ cup (1 $\frac{1}{2}$ 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 $\frac{2}{3}$ cup.

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NUTRITION INFORMATION

2/3 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

Source: Team Nutrition CACFP Easy Recipe Project

TeamNutrition.USDA.gov

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CACFP CREDITING INFORMATION

1/2 cup fruit

1/2 oz eq grains

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CHEF TIPS

- **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 1/2 cup. Credits as 1/2 oz eq grains.
- 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.



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	
					<ol style="list-style-type: none"> 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	<ol style="list-style-type: none"> 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

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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