



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.