



Dry Cereal and Fruit Mix

Makes: 50 child servings

Ingredients

Imperial Measurement	Ingredient	Metric Measurement
18 cups	whole grain cereal, dry (e.g. shredded wheat, multigrain or oatmeal O's, bran cereal)	4.5 L
6 cups	fruit, dried (e.g. cranberries, raisins, dates)	1.5 L

Instructions

1. In a large bowl, combine cereal and fruit.
2. Divide between serving bowls.

Nutrition Information

Serving 50 g (3/4 cup)

Calories 140

Fat 0 g

Saturated 0 g

+ Trans 0 g

Sodium 5 mg

Carbohydrates 38 g

Fibre 3 g

Sugars 15 g

Protein 2 g

Calcium 20 mg

Iron 1 mg

Food Guide Servings

1 Vegetable & Fruit

1 Grain Product