Celebrating Seasonality: Wisconsin-Grown Recipes for the Early Childhood Setting
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Spring recipe: snack
Food components used: fruit, grains
Specialty crop: cranberries, cherries

Dried Cranberries and Cherries with Cheerios				
Ingredients	**8 servings**		**25 servings**	
	Measure	Weight	Measure	Weight
Whole grain cheerios	2 ⅔ cups		8 ¼ cups	
Dried cranberries	1 cup	0.5 lbs	3 ¼ cups	1.5 lbs
Dried cherries	1 cup	0.5 lbs	3 ¼ cups	1.5 lbs

Directions:
1. Combine dried cranberries and dried cherries in a bowl.
2. In a separate bowl measure out cheerios. Serve according to table below.

Serving Sizes for **Snack**

Age Group	**Serving Size**
Ages 1-2	¼ cup dried fruit + ¼ cup cheerios
Ages 3-5	¼ cup dried fruit + ⅓ cup cheerios

NOTE: The number of servings is based on ¼ cup dried fruit + ⅓ cup cheerios portions for Ages 3-5; Number of servings may increase or decrease based on the ages of the children served and the amount served. This recipe provides ½ cup of fruit and ⅓ cup grain per serving.