



Peach Mango Bowl



Entire recipe: 323 calories, 7.5g total fat (0.5g sat fat), 124mg sodium, 53g carbs, 12.5g fiber, 32g sugars, 23.5g protein

Freestyle™ [SmartPoints®](#) value 3*

[SmartPoints®](#) value 6*

Prep: 5 minutes



Tagged: [Breakfast Recipes](#), [Single Serving](#), [30 Minutes or Less](#)

Ingredients

- 6 oz. (about 2/3 cup) fat-free plain Greek yogurt
- 1 no-calorie sweetener packet (like Truvia)
- Dash cinnamon
- 1 cup chopped peach (fresh or thawed from frozen)
- 1/2 cup chopped mango (fresh or thawed from frozen)
- 1/4 cup Fiber One Original bran cereal (or *HG Alternative*)
- 1/2 oz. (about 2 tbsp.) chopped pistachios

Directions

In a medium bowl, mix sweetener and cinnamon into yogurt. Top with remaining ingredients.

MAKES 1 SERVING

HG Alternative: Fiber One is sweetened with sucralose. If you prefer a high-fiber cereal made without artificial sweeteners, use All-Bran Original or Nature's Path Organic SmartBran and All-Bran Original.

Another HG Alternative: If taking this bowl to go, stir fruit into the yogurt. Transfer to a medium jar, and top with cereal and pistachios.

HG FYI: Since most of the carbs in this recipe come from fruit with a **PointsPlus®** value of 0*, we didn't use the recipe method (which counts the carbs from fruit) to calculate its value. If you prefer to use the recipe method, each serving has a **PointsPlus®** value of 9*.

SmartPoints® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints®** values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The **SmartPoints®** values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints®** trademark.