



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

[Click for WW Points® value*](#)

Prep: 5 minutes



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

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: If you prefer a high-fiber cereal made without sucralose, use All-Bran Original or Nature's Path Organic SmartBran.

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.

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.