



Creamy Crunchy Freeze-Dried Frenzy



Entire recipe: 165 calories, 0.5g total fat (0g sat fat), 180mg sodium, 40g carbs, 7g fiber, 12g sugars, 11g protein

Freestyle™ [SmartPoints®](#) value 6*

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Prep: 5 minutes



Tagged: [Breakfast Recipes](#), [Single Serving](#), [5 Ingredients or Less](#), [30 Minutes or Less](#)

Ingredients

6 oz. (about 3/4 cup) fat-free vanilla yogurt
1/4 cup freeze-dried fruit (any variety)
1/4 cup Fiber One Original bran cereal

Directions

In a mid-sized glass, layer half of each ingredient: yogurt, fruit, and cereal.

Repeat layering with remaining ingredients. Now devour!

MAKES 1 SERVING

[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.