



Happy Trail Mix Yogurt



Entire recipe: 217 calories, 3.5g total fat (1.5g sat fat), 118mg sodium, 29.5g carbs, 1g fiber, 24g sugars, 16.5g protein

Green Plan [SmartPoints](#)® value 8*

Blue Plan (Freestyle™) [SmartPoints](#)® value 8*

Prep: 5 minutes



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

Ingredients

6 oz. (about 2/3 cup) fat-free vanilla Greek yogurt (like [the kind by Chobani](#))
5 thin salted pretzel sticks, broken into small pieces
1 tbsp. dried sweetened cranberries, chopped
1/2 tbsp. dry-roasted sliced almonds, lightly crushed
1/2 tbsp. mini semi-sweet chocolate chips

Directions

Place yogurt in a medium bowl, and stir in remaining ingredients. Grab a spoon, and eat up!

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.