



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

Green Plan [SmartPoints](#)® value 6*

Blue Plan (Freestyle™) [SmartPoints](#)® value 3*

Purple Plan [SmartPoints](#)® value 3*

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: 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.

[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.