



Retro Melon B-fast Bowl



1/2 of recipe (1 bowl): 259 calories, 6g total fat (1g sat fat), 239mg sodium, 36g carbs, 3g fiber, 32.5g sugars, 17.5g protein

Blue Plan (Freestyle™) SmartPoints® value 4*

Prep: 5 minutes



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

Ingredients

1 medium cantaloupe
One 5.3-oz. container fat-free plain Greek yogurt
1/2 cup low-fat cottage cheese
2 packets natural no-calorie sweetener (like Truvia)
1/2 tsp. vanilla extract
1/4 tsp. cinnamon, or more for topping
1/2 oz. (about 2 tbsp.) chopped walnuts
2 tsp. honey

Directions

Slice cantaloupe in half horizontally, and discard seeds.

In a medium bowl, combine yogurt, cottage cheese, sweetener, vanilla extract, and cinnamon. Mix well.

Divide mixture between cantaloupe halves. Evenly top with walnuts, and drizzle with honey.

MAKES 2 SERVINGS

HG Tips: Cut a thin slice off the bottom of each cantaloupe half so the halves sit flat. Use a [grapefruit spoon](#) to scoop out the seeds.

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.