



## 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

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**Prep:** 5 minutes



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### 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.

**See how it's done:** [Click the link...](#) So quick and easy!

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