



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

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Prep: 5 minutes



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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.

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