



## 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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