



## Creamy Crunchy Freeze-Dried Frenzy



Entire recipe: 165 calories, 0.5g total fat (0g sat. fat), 180mg sodium, 40g carbs, 7g fiber, 12g sugars, 11g protein

**Prep:** 5 minutes



More: [Breakfast Recipes](#), [Single Serving](#), [30 Minutes or Less](#), [5 Ingredients or Less](#)

### Ingredients

6 oz. (about 3/4 cup) fat-free vanilla yogurt  
1/4 cup freeze-dried fruit (any variety)  
1/4 cup Fiber One Original bran cereal

### Directions

In a mid-sized glass, layer half of each ingredient: yogurt, fruit, and cereal.

Repeat layering with remaining ingredients. Now devour!

**MAKES 1 SERVING**

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

\*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.