

100 and Less

20 healthy, nutritious snacks for less than 100Kcals each!

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1. 2 tablespoons of mixed unsalted nuts and raisins
 2. Slice wholemeal toast with 2 poached egg whites, and a splash of Worcester sauce
 3. 1 scoop lemon fruit sorbet
 4. Handful of dried cereal
 5. Orange segments with a sprinkling of cinnamon
 6. Slices of red and green apple with low fat cheese dip
 7. 10-12 frozen grapes
 8. Slices of beef tomato with balsamic vinegar and a little crumbled feta cheese
 9. Handful Strawberries and 1 tablespoon low fat Crème Fraiche
 10. Fresh peas in their pods
 11. Homemade popcorn
 12. Small banana
 13. Toasted pitta bread with salsa dip
 14. 8 prawns with sweet chilli sauce to dip
 15. Cheese strings x 2
 16. Celery, carrot or pepper sticks with low fat Hummus
 17. Half a cantelope melon with a dash of ground ginger
 18. Tablespoon of pumpkin and sunflower seed mix
 19. Rice cakes x2 with low fat cream cheese and slices of cucumber
 20. 150ml of Dietwise Strawberry Frost smoothie: recipe visit

<http://dietwise.co.uk/index.php/recipes/44-strawberry-frost>