

27 snacks 100 calories or less

Savouries, vege, and bought snacks

1. 8 Baby Carrots & 2 tbsp Hummus

About 8 baby carrots (28 kcal) with 2 tablespoons of hummus (70 kcal) is about 98 calories.



2. 1 Cucumber & 2 tbsp Ranch

About 1 large peeled cucumber (34 kcal) with 2 tablespoons of Ranch (60 kcal) is about 94 calories



3. 5 Slices Ham & 1 Light String Cheese

About 5 slices of ham (50 kcal) with 1 light string cheese (50 kcal) is about 100 calories.



4. 3 Crackers & 1 Light Cheese Wedge

About 3 crackers (60 kcal) with 1 Laughing Cow Light cheese wedge (30 kcal) is about 90 calories.



5. ½ Banana & 20 Chocolate Chips

About half a banana (53 kcal) with 20 semi-sweet chocolate chips (47 kcal) is about 100 calories. Melt the chocolate and dip the banana slices in!



6. 1 Scrambled Egg & 2 tbsp Salsa

About 1 egg scrambled (70 kcal) with 2 tbsp of salsa (10 kcal) is about 80 calories.



7. 1 Deviled Egg. One Deviled egg is about 90 calories, Deviled eggs are hard boiled eggs where the yolk is mixed with mayonnaise, mustard, vinegar, salt and pepper. And a little sprinkle of paprika on top



8. Healthy rocky road bliss balls 63 calories per ball. see here for more bliss balls

<https://www.healthymummy.com/recipe/healthy-rocky-road-bliss-balls/>



Recipe:

2 weetbix

¼ cup almond meal

¼ cup desiccated coconut

2 medjool dates or pitted dates

2 tbsp Coco2 chocolate spread

¼ cup walnuts

¼ cup dried cranberries

Whizz everything (except the walnuts and cranberries) in the food processor until well combined.

Then add the cranberries and walnuts and blitz until roughly chopped, I left mine a little chunky to get the rocky road effect.

Roll into teaspoon sized balls and keep stored in the fridge or freezer.

9. Half a Tuna Sandwich. Using 1 slice of sandwich bread (70 kcal). 1/3 small can tuna (40 kcal), cucumber or lettuce 2 calories. this half tuna sandwich is just 112 calories!



10. 23 Milk Chocolate M&Ms. For 100 calories, you can enjoy 23 [Milk Chocolate M&Ms](#) or 8 Peanut M&Ms!



11. half Cup of Oatmeal. A ½-cup serving of [oatmeal](#) cooked in water contains just 83 calories



12. ¼ Cup Air Fried Chickpeas. Use about a ¼ cup of chickpeas (55 kcal) and 1 tbsp of olive oil (60 kcal) along with your favorite seasonings in the air fryer for a quick and healthy 100 calorie snack! Or you can buy these as pre-cooked snacks. Read the label for calorie values.



13. 1 Small Caprese Salad with Feta

Slice 1 medium tomato (22 kcal), sprinkle with 1/4 cup feta cheese (70 kcal), a few basil leaves (2 kcal), and drizzle with 2 tsp of balsamic vinegar (5 cal) for a 99 calorie caprese salad!



14. 1 slice of raisin bread 88 calories



15. 3 cups air fried popcorn 90 calories



16. 1 cup of skim milk And add coffee 80 calories



17. Fourteen Almonds are about 97 calories. Or, 14.25 grams of almonds is exactly 100 calories.



18. sixteen dry roasted peanuts are about 100 calories. Or, 17.5 grams of peanuts is exactly 100 calories



19. 10 Cashews Ten cashews are about 100 calories. Or, 17.5 grams of almonds is exactly 100 calories.



20. ½ Cup Cottage Cheese. A half-cup of cottage cheese is about 100 calories.



21. 1 Cup Non-Fat Greek Yogurt. One cup of plain non-fat Greek yogurt is about 80 calories. Or, 187 grams of non-fat greek yogurt is exactly 100 calories.



22. 100mls of red wine has approx. 85 calories. 100 mls of white wine has approx. 81 calories



23. 2 Strips Bacon. Two strips of thick cut bacon is about 90 calories. Or, 16.75 grams of thick cut bacon is exactly 100 calories.



24. Ten potato chips. There are approx. 100 calories in 10 potato chips.



25. 2 Celery Stalks & 2½ tsp Peanut Butter. 2 large celery stalks (17 kcal) with 2.5 teaspoons of peanut butter (80 kcal) is about 97 calories.



26. 5 scrimps and 1 tblspn of cocktail sauce is approx. 90 calories.



27. Tomato soup 74 calories per cup. If you are buying it canned, check the label.

