

25 HEALTHY 100-CALORIE SNACKS

- > 15 raw almonds
- > 20 pistachios
- > 1 red bell pepper, sliced + 2 tablespoons goat cheese
- > 1 hard-boiled egg + salt + pepper
- > 1 cup (about 25) grapes, fresh or frozen
- > 1 medium apple
- > 1/2 medium apple + 2 teaspoons peanut butter
- > 1/2 pear, seeds scooped + 2 teaspoons almond butter
- > 1 cup broccoli florets + 2 tablespoons Tzatziki sauce
- > 1/2 cup cottage cheese + 1/4 cup diced mango
- > 2 celery stalks + 1 tablespoon almond butter or peanut butter
- > 1 cup edamame in pods + sea salt
- > 1/2 cup edamame + citrus salt
- > Handful of carrot fries + 2 tablespoons hummus
- > 1/2 small jicama + 2 tablespoons hummus
- > 8 green olives + 8 raw almonds
- > 5 dried apricots + 5 raw almonds
- > 1/3 cup Greek yogurt + 2 teaspoons honey + 1/8 teaspoon ground cinnamon
- > 1 banana
- > 1 small vitamin C smoothie (1/2 cup pineapple + 1/2 small banana + 1/4 cup almond milk + 1/4 cup orange juice + 1/2 cup ice)
- > 2 cups popped popcorn + 1 teaspoon olive oil + sea salt
- > 1 small baked sweet potato + salt + pepper
- > 2 dice-size pieces of cheddar cheese + 1/2 medium apple
- > 1/3 cup roasted chickpeas
- > 1 cucumber + 2 tablespoons cream cheese + 2 teaspoons sunflower seeds