

HEALTHY SNACKS UNDER 200 CALORIES

Celery sticks filled with 1 TBSP natural peanut butter and topped with 10 raisins	2 reduced fat string cheese sticks dipped in 2 TBSP marinara sauce
2 dried figs and a small handful unsalted peanuts	Cucumber and zucchini slices with 2 TBSP light ranch dressing
4 oz. nonfat plain Greek yogurt mixed with ½ mashed ripe banana and 1 TBSP almond butter	1 ounce cheddar cheese and 1 small pear
1 low fat string cheese and 1 cup grape tomatoes	1 cup pineapple chunks (or ½ small cantaloupe) with ½ cup low fat cottage cheese
1 TBSP natural almond butter and 1 medium apple	1 hard-boiled egg with 2 cups leftover cooked veggies (such as asparagus, broccoli, green beans)
4 oz. nonfat plain Greek yogurt mixed with ½ cup blueberries and 1 TBSP chopped pecans	1 medium baked sweet potato – drizzled with 1 teaspoon olive oil and a sprinkle of cinnamon
½ cup cooked old fashioned oats mixed with 1 TBSP natural peanut butter, splash vanilla extract and a sprinkle of nutmeg	1 small mashed banana mixed with 1 TBSP natural peanut butter and 1 tsp unsweetened shredded coconut
½ oz. dark chocolate and 8 oz. low fat milk	1 cup grapes and 1 ounce Swiss cheese

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<p>3 Triscuit Thin Crisps Original Crackers with 2 TBSP mashed avocado blended with 1/4 cup light ricotta cheese</p>	<p>½ cup shelled edamame 6 almonds</p>
<p>2 Wasa Fiber Crispbreads topped with 2 TBSP hummus and a couple sliced olives</p>	<p>1 orange 2 Brazil nut kernels</p>
<p>2 Laughing Cow Light Garlic and Herb Wedges spread on cucumber slices</p>	<p>4 oz. nonfat plain Greek yogurt mixed with 1 TBSP natural peanut butter, ½ cup chopped apples, and cinnamon</p>
<p>2 cups slices strawberries topped with 1 TBSP chopped unsalted pistachios and 1 TBSP unsweetened shredded coconut</p>	<p>8 oz. serving low sodium V8 juice and a small handful of unsalted raw cashews</p>
<p style="text-align: center;"><i>Stuffed Medjool Date</i></p> <p>Cut pitted date in half, fill with 2 tsp almond butter, and sprinkle with unsweetened shredded coconut</p>	<p style="text-align: center;"><i>Creamy Dill Dip</i></p> <p>Blend together ½ cup low fat Greek yogurt, 1 tsp fresh chopped dill, and pinch of salt. Served with red pepper strips.</p>
<p style="text-align: center;"><i>Baked Apple Slices</i></p> <p>Microwave apples slices with 1 - 2 TBSP water for 3-5 minutes. Drizzle with 1 tsp maple syrup and sprinkle with cinnamon</p>	<p style="text-align: center;"><i>Caprese Salad: (toss together)</i></p> <p>1 cup grape tomatoes sliced in half, 1 ounce part skim mozzarella cheese cubed, 1 tsp EVOO, and splash balsamic vinegar. Top with fresh basil, and season with salt and pepper</p>
<p style="text-align: center;"><i>Fruit Parfait</i></p> <p>1 cup raspberries topped with 1 TBSP whipped cream blended with ¼ cup plain nonfat Greek yogurt and topped with 1 tsp crushed walnuts</p>	<p style="text-align: center;"><i>Protein Pancakes: (mix in blender and cook)</i></p> <p>¼ cup low fat cottage cheese, ¼ cup egg beaters, ½ cup cooked oats, 1/3 mashed banana. Top with 1 tsp peanut butter and cinnamon</p>
<p style="text-align: center;"><i>Orange Smoothie: (blend together)</i></p> <p>1 orange, 1 carrot, 1 cup fresh spinach, 1 TBSP almond butter, 1-2 tsp minced fresh ginger, 1-2 handfuls ice</p>	<p style="text-align: center;"><i>Fruit Dip: (mix together)</i></p> <p>½ cup plain low fat Greek yogurt, 1 TBSP cocoa powder, 2 tsp maple syrup, 1 tsp unsweetened shredded coconut, ½ tsp vanilla extract. Serve with 1 cup strawberries or apple slices.</p>