

Ridgely's Radar

GUIDE TO SHOPPING, READING, RECIPES, AND EVERYTHING IN BETWEEN

50 Healthy Snacks 100 calories and Under

1. One hard-boiled egg, salt, and pepper to taste
2. 1/4 avocado sliced on one slice of whole-grain toast
3. 1/2 cup Greek yogurt and 1/2 cup fresh blueberries
4. 1 tablespoon of almond or peanut butter with 1/2 an apple or pear
5. 14 almonds
6. 11 cashews
7. 16 peanuts
8. 10 walnuts
9. 22 pistachios
10. 2 tablespoons sunflower seeds
11. 2 tablespoons pumpkin seeds
12. 4 tablespoons wasabi peas
13. 1 tablespoon peanut butter
14. 30 pods edamame (about 1 cup edamame) with sea salt
15. 1 ounce/slice string cheese
16. 8 green olives + 8 raw almonds
17. 1/3 cup roasted chick peas
18. 3 tablespoons hummus with 1 cup of raw vegetables
19. 2 Celery Stalks dipped in 1/4 cup hummus
20. 2 Celery Stalks with one laughing cow cheese wedge
21. 2 Celery Stalks with a tablespoon of almond or peanut butter
22. 1 cucumber with 2 tablespoons cream cheese and 2 teaspoons sunflower seeds
23. Half cup of plain yogurt with a drizzle of honey and 3 almonds finely chopped
24. One slice of roasted turkey breast with one slice of light swiss cheese wrapped
25. Three slices low sodium turkey dipped in one tablespoon of mustard
26. One ounce of prosciutto with a wedge of cantaloupe
27. One cup of diced watermelon with one ounce of reduced-fat feta cheese, a teaspoon chopped fresh mint and a squeeze of fresh lime

50 Healthy Snacks 100 calories and Under continued

28. One ounce of goat cheese spread on 1/2 cup of cucumber slices
29. One medium tomato sliced and topped with one-ounce mozzarella, salt, pepper and drizzled with balsamic vinegar
30. 1/2 cup of cottage cheese with 1/2 cup fresh berries or 1/2 cup cantaloupe cubes
31. Rice cake topped with 1/4 Avocado and 3 almonds finely chopped
32. Rice cake topped with 2 teaspoons of almond butter or peanut butter
33. One small whole-wheat tortilla with two tablespoons of fat-free bean dip sprinkled with two tablespoons of low-fat cheddar cheese
34. Three ounces of chilled, pre-cooked shrimp dipped in one tablespoon of cocktail sauce
35. One cup of warm broth-based soup
36. Two tablespoons of whipped light cream cheese rolled in two slices of lean, low sodium ham.
37. White bean salad - combine 1/3 cup white beans, 1 tablespoon sliced scallions, squeezed lemon juice and 1/4 cup diced tomatoes, salt, and pepper to taste.
38. Ten baby carrots dipped in 4 ounces Greek yogurt with 1 teaspoon ranch dressing mix.
39. Ten baby carrots dipped in 2 tablespoons of hummus
40. One apple sliced with one ounce of low-fat cheddar cheese
41. One apple sliced with one Laughing Cow cheese wedge
42. One medium bell pepper sliced with two tablespoons of soft goat cheese
43. One medium bell pepper sliced with one 4 oz single serve Cottage Cheese
44. Baked Apple – core a medium-sized apple, dust with cinnamon. Bake for 20 min at 350-degree oven until tender
45. Water packed Tuna pouch (3 ounces) with fresh lemon juice and several stalks of celery
46. Six Broccoli florets dipped in homemade Tzatziki – combine 2 tablespoons plain non-fat Greek yogurt, 1 teaspoon lemon juice, 1 tablespoon minced cucumber.
47. Up to 2 cups raw vegetables with 2 tablespoons light ranch dressing
48. 2 cups salad greens with 2 tablespoons light dressing
49. 1/4 cup salsa with 10 baked tortilla chips
50. 2 cups air-popped popcorn, 1 teaspoon olive oil and sea salt

For more tips and great finds go to ridgelysradar.com

Top 3 Cookie Recipes on the blog :

<https://ridgelysradar.com/2011/05/ridgelys-chocolate-chip-cookies.html>

<https://ridgelysradar.com/2013/06/best-chocolate-chip-cookies-ever.html>

<https://ridgelysradar.com/2015/03/the-best-ginger-cookies.html>

Supplies Available in my Amazon Store : [Kitchen Tested](#)

Have fun baking yummy desserts!

Xx

Ridgely