

# Guilt-free snacking

If you're on a health kick, snacking can be seen as a dirty word. But there are nutritious sweet and savoury treats out there that can curb your cravings without derailing your diet. We've compiled our favourites — they're scrummy and all under 100 calories...



## The Curators Beef Jerky

- 68 calories per 30g pack
  - £2.30 per pack
- We say: "It's a little pricey, but worth it. It tastes delicious and is packed with 17g of protein."



## Nouri Chocolate & Hazelnut Balls

- 45 calories per ball
- £3.99 for 10

We say: "We don't know how they do it, but these taste just like a rich chocolate truffle — but at a fraction of the calories."



## BEPPS Black Eyed Pea Puff Snacks

- 45 calories per bag
- £3.60 for three bags

We say: "These are great for lunchboxes."



## Mini Babybel Organic

- 59 calories per Babybel
- £2.03 for a pack of five

We say: "These mini cheeses are absolutely ideal for lunchboxes."



## Propercorn Lightly Sea Salted

- 83 calories per pack
- 80g per pack

We say: "We sneak this into the cinema — it's for healthier than what's on offer there."



## Jack Link's Biltong

- 67 calories per pack
- £1.50 per 2

We say: "They use British beef, marinated with authentic South African spices. We can't get enough."



## fitbakes Lemon Drizzle Cakes

- 29 calories per cake
- £2.99 for four

We say: "These little nuggets, high protein cakes are a perfect post-workout treat."



## Behariyo Jelly Zucchini

- 16 for 100g
- £1.50 for 100g

We say: "I love this, and to admit, so do we!"



All under 100 kcals

## Your Health



## Wheyhey Salted Caramel Ice Cream

- 78 calories per 100ml serving
- £4.20 for a 500ml tub

We say: "Tastes creamy and is very marshy. We can't believe it's sugar free!"



## Pink Lady Apple

- 50 calories per apple
- 50g per apple

We say: "Sometimes there's nothing more satisfying than a sweet, crunchy piece of fruit, is there?"



## Geosticks Rice, Lentil & Quinoa

- 91 calories a bag
- 90g per bag

We say: "They also come in Sweet Chili, Herb and Peppery Revivals — and we're a fan of those all."



## Fairfields Farm Lentil Bites

- 98 calories a bag
- 70g per 20g bag

We say: "A healthier alternative to crisps — and the flavours, Jolopiko & Lime and Tomato & Herb, are both delicious!"



## Crespo Black Olives

- 60 calories per 30g serving
- £1.50 for 250g

We say: "We pop a handful of these in a sandwich bag before we leave to work. They're a great mid-afternoon pick-me-up."



## Itsu Crispy Seaweed Thins

- 34 calories per pack
- £1 per pack

We say: "Ideal for when you're craving something salty. We love the wasabi flavour too!"



## Hippeas Organic Chickpea Puffs

- 96 calories a bag
- 90g per bag

We say: "Light and crunchy with a serious punch of protein and fibre, Hippeas have quickly become a staple in our diet!"



## Abakus Red Dates Crisps

- 54 calories a bag
- £1.49 per bag

We say: "For so few calories you get a lot of snacks! These freeze-dried red dates naturally taste like caramel. Yummy!"