

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 CURA BEEF Jerky

- 68 calories per 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 — and at a fraction of the calories.'



BEPPE Black Eyed Peas Snacks

- 55 calories per bag
- £2.03 for a pack of five

We say: 'These mini puffs remind us of veggie chips, but are vegan, gluten-free and organic.'



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 snack on this like popcorn — it's for healthies, then — it's an offer there.'



Jack Links Biltong Original

- 67 calories per 25g pack
- £1.50 per 25g pack

We say: 'They use the finest British beef, marinated and cured 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.'



Naturally Juicy Jelly

- 36 calories per pack
- £6 for 10

We say: 'Our kids love these, and we have 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 in of these all!'



Fairfields Farm Lentil Bites

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

We say: 'A healthier alternative to chips — 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 as few calories you get a lot of snacks! These freeze-dried red dates naturally taste like caramel. Yummy!'