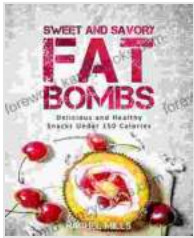


Delicious and Healthy Snacks Under 150 Calories



Sweet and Savory Fat Bombs: Delicious and Healthy Snacks Under 150 Calories by Rachel Mills

★★★★☆ 4.5 out of 5

Language	: English
File size	: 5400 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 79 pages
Lending	: Enabled



If you're like most people, you probably find yourself reaching for a snack between meals from time to time. But if you're trying to lose weight or maintain a healthy weight, it's important to make sure your snacks are healthy and low in calories.

That's where this article comes in. We've compiled a list of 10 delicious and healthy snacks that are all under 150 calories. So next time you're feeling hungry, reach for one of these snacks instead of a bag of chips or a candy bar.

10 Delicious and Healthy Snacks Under 150 Calories

1. **Apple with peanut butter** (130 calories)



This classic snack is a great source of fiber and protein. Simply spread 1 tablespoon of peanut butter on an apple and enjoy.

2. **Banana with almond butter** (140 calories)



Another delicious and nutritious snack, this one is also a good source of potassium and healthy fats. Spread 1 tablespoon of almond butter on a banana and enjoy.

3. **Celery sticks with hummus** (120 calories)



This crunchy snack is a great way to get your veggies in. Simply dip celery sticks into hummus for a satisfying and low-calorie snack.

4. **Cottage cheese with fruit** (130 calories)



Cottage cheese is a great source of protein and calcium. Pair it with your favorite fruit for a sweet and satisfying snack.

5. **Edamame** (120 calories)



Edamame are immature soybeans that are a good source of protein and fiber. They make a great snack on their own or you can add them to salads or stir-fries.

6. **Fruit salad** (120 calories)



Fruit salad is a refreshing and healthy snack that is packed with vitamins and minerals. Simply combine your favorite fruits and enjoy.

7. **Greek yogurt with berries** (130 calories)



Greek yogurt is a great source of protein and calcium. Pair it with your favorite berries for a sweet and satisfying snack.

8. **Hard-boiled eggs** (100 calories)



Hard-boiled eggs are a great source of protein and healthy fats. They make a great snack on their own or you can add them to salads or sandwiches.

9. **Mixed nuts** (140 calories)



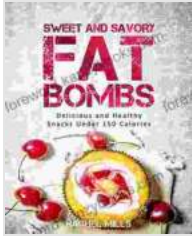
Mixed nuts are a great source of protein, healthy fats, and fiber. They make a great snack on their own or you can add them to yogurt or oatmeal.

10. **Smoothie** (150 calories)



Smoothies are a great way to get your fruits and vegetables in. Simply combine your favorite fruits, vegetables, and yogurt in a blender and blend until smooth.

There you have it! 10 delicious and healthy snacks that are all under 150 calories. Next time you're feeling hungry, reach for one of these snacks instead of a bag of chips or a candy bar. Your body will thank you for it!

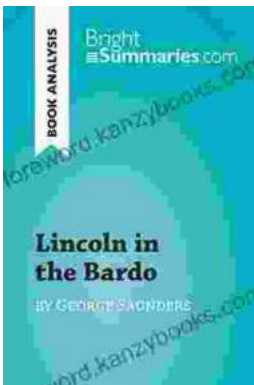


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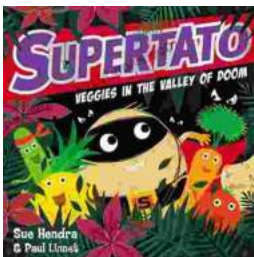
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