



The
PTI BUZZ
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100 calorie snacks that wont break the bank



Try some home made 100 calorie snacks instead of pre-packaged ones and save!!!

1. Half an apple with 2 teaspoons of peanut butter
2. 10 cashew nuts
3. 10 almonds
4. 1 seven-grain Belgian waffle
5. 1/4 cup fat-free ranch dressing with mixed raw veggies
6. 6 Wheat Thins crackers with two teaspoons of peanut butter (or any nut butter)
7. 1 small baked potato with 1/2 cup salsa and 2 tablespoons of fat-free sour cream
8. 1/2 cup frozen orange juice, eaten as sorbet
9. 4-6 ounces of no-fat or low-fat yogurt with fruit
10. Half a "finger" of string cheese with 4 whole-wheat crackers

Cruise the aisle of a supermarket for 40 minutes and burn 100 calories !!!!

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