



Snacks  
100 or  
Under  
Calories

# Snack Ideas

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Simple Recipes for Snacks

Snacks

## Snacks under 100 calories

### APPLE CONFIT

3 pounds firm cooking/baking apples, such as  
Granny Smith, Northern Spy, Rome or Golden Delicious  
1/4 cup sugar  
1/4-1/2 teaspoon ground cinnamon  
1 teaspoon vanilla extract

Peel the apples and slice 1/4 inch thick. (You should have about 9 cups.) Place the apples in a 4-quart or larger slow cooker. Add sugar and cinnamon to taste, and toss to coat well. Cover and cook until the apples are very tender and almost translucent, but not pureed, 2 to 2 1/2 hours on high or 4 to 4 1/2 hours on low. Stir in vanilla. Transfer to a bowl and let cool slightly. Cover and refrigerate until chilled.

*Make Ahead Tip:* Cover and refrigerate for up to 4 days.

(Total: 98 calories per serving)

[http://www.eatingwell.com/recipes/apple\\_confit.html](http://www.eatingwell.com/recipes/apple_confit.html)

### CHEESY POPCORN

4 cups hot air-popped popcorn  
1/2 cup freshly grated Parmesan cheese  
Cayenne pepper, to taste

Toss popcorn with Parmesan and cayenne to taste.

(Total: 75 calories per serving)

[http://www.eatingwell.com/recipes/cheesy\\_popcorn.html](http://www.eatingwell.com/recipes/cheesy_popcorn.html)

## CHOCOLATE &amp; NUT BUTTER BITES

8 1/4-ounce squares bittersweet chocolate  
4 teaspoons almond, cashew or pistachio butter

Top each chocolate square with 1/2 teaspoon nut butter of your choice  
(almond, cashew, pistachio).

(Total: 79 calories per serving)

[http://www.eatingwell.com/recipes/chocolate\\_nut\\_butter\\_bites.html](http://www.eatingwell.com/recipes/chocolate_nut_butter_bites.html)

## CRUNCHY CEREAL TRAIL MIX

1/4 cup Cheerios  
1 tablespoon pepitas  
2 teaspoons raisins  
2 teaspoons semisweet mini chocolate chips

Combine Cheerios, pepitas, raisins and chocolate chips in a small bowl.

(Total: 98 calories)

[http://www.eatingwell.com/recipes/crunchy\\_cereal\\_trail\\_mix.html](http://www.eatingwell.com/recipes/crunchy_cereal_trail_mix.html)

## EDAMAME NIBBLES

4 cups frozen edamame, (in pods), cooked according  
to package directions  
2 teaspoons coarse salt

Toss edamame with salt.

(Total: 50 calories per serving)

[http://www.eatingwell.com/recipes/edamame\\_nibbles.html](http://www.eatingwell.com/recipes/edamame_nibbles.html)

## INDOOR S'MORES

2 whole graham crackers, broken in half  
4 marshmallows  
2 tablespoons bittersweet chocolate chips, melted (see Tip)

Position oven rack in the upper third of the oven; preheat broiler. Place graham cracker halves on a baking sheet; top each with 1 marshmallow. Broil, with the oven door ajar and watching carefully, until the marshmallows are golden brown, 45 to 75 seconds. Remove from the oven and drizzle each S'more with a little melted chocolate.

**To melt chocolate:** Microwave on Medium for 1 minute. Stir, then continue microwaving on Medium in 20-second intervals until melted, stirring after each interval. Or place in the top of a double boiler over hot, but not boiling, water. Stir until melted.

(Total: 98 calories per serving)

[http://www.eatingwell.com/recipes/indoor\\_smares.html](http://www.eatingwell.com/recipes/indoor_smares.html)

## JOJO'S PARTY MIX

4 cups mixed Rice and Wheat Chex cereals  
2 cups mini pretzels  
2 tablespoons freshly grated Parmesan cheese  
1/2 teaspoon garlic salt  
1/4 teaspoon onion powder  
1/4 teaspoon pepper  
1/8 teaspoon cayenne pepper  
1 tablespoon extra-virgin olive oil  
1 teaspoon Worcestershire sauce

Preheat oven to 350°F. Mix cereals, pretzels, Parmesan, garlic salt, onion powder, pepper and cayenne in a large bowl. Toss with oil and Worcestershire. Spread on a lightly oiled baking sheet. Bake, stirring often, until toasted, 40 minutes.

(Total: 61 calories per 1/2 cup serving)

[http://www.eatingwell.com/recipes/jojos\\_party\\_mix.html](http://www.eatingwell.com/recipes/jojos_party_mix.html)

## RANCH DIP &amp; CRUNCHY VEGETABLES

1/2 cup nonfat buttermilk, (see Tip)  
1/3 cup low-fat mayonnaise  
2 tablespoons minced fresh dill, or 2 teaspoons dried  
1 tablespoon lemon juice  
1 teaspoon Dijon mustard  
1 teaspoon honey  
1/2 teaspoon garlic powder  
1/8 teaspoon salt  
6 cups vegetables, such as baby carrots, sliced red bell peppers,  
snap peas, broccoli and cauliflower florets, cucumber spears, grape tomatoes

Whisk buttermilk, mayonnaise, dill, lemon juice, mustard, honey, garlic powder and salt in a medium bowl until combined. Serve the dip with vegetables of your choice.

*Make Ahead Tip:* Cover and refrigerate the dip for up to 3 days.

*Tip:* No buttermilk? You can use buttermilk powder prepared according to package directions. Or make “sour milk”: mix 1 tablespoon lemon juice or vinegar to 1 cup milk.

(Total: 61 calories per serving)

[http://www.eatingwell.com/recipes/ranch\\_dip\\_crunchy\\_vegetables.html](http://www.eatingwell.com/recipes/ranch_dip_crunchy_vegetables.html)

## SMOKED SALMON BITES

1/4 cup reduced-fat mayonnaise  
2 teaspoons wasabi paste, or 2 teaspoons wasabi  
powder mixed with 1 tablespoon water (see Tip)  
24 mini rice crackers  
4-6 ounces smoked salmon, cut into 24 1-inch pieces  
24 small pieces pickled ginger, (see Tip)  
1 teaspoon freshly grated lemon zest

Mix mayonnaise and wasabi paste (or reconstituted wasabi powder) in a small bowl.  
Top each cracker with 1 piece salmon, 1/2 teaspoon wasabi mayonnaise, 1 piece pickled  
ginger and a sprinkling of lemon zest.

*Make Ahead Tip:* Prepare the wasabi mayonnaise (Step 1), cover and  
refrigerate for up to 3 days.

*Tip:* Wasabi paste, wasabi powder and pickled ginger can be found in the Asian-foods  
section of most supermarkets.

(Total: 52 calories per serving)

[http://www.eatingwell.com/recipes/smoked\\_salmon\\_bites.html](http://www.eatingwell.com/recipes/smoked_salmon_bites.html)

## PEANUT BUTTER-BANANA-APPLE BITES

2 thin slices apple  
2 teaspoons peanut butter  
1/4 banana, sliced  
1/8 teaspoon sugar  
1/8 teaspoon cinnamon  
14 blueberries (optional)

Place the apple slices on a flat surface and spread with the peanut butter.  
Top with the banana. Sprinkle with the sugar, cinnamon and, if desired, the blueberries.

(Total: 95 calories)

<http://www.rd.com/living-healthy/peanut-butterbananaapple-bites/article139396.html>

**SNACKS UNDER 100 CALORIES***Healthy options*

1. 1 banana (around 80 calories depending on size)
2. 2 dried figs (around 47 calories each)
3. 20 grapes (around 70 calories)
4. A punnet of blueberries and 1tbsp fat-free Greek yoghurt (around 90 calories)
5. 3 pineapple rings in juice (around 90 calories)
6. 3 sticks of celery filled with cottage cheese (around 75 calories)
7. 1 medium corn on the cob (around 77 calories)
8. 8 cashew nuts (around 85 calories)
9. 1 Nakd bar (Berry Cheeky or Apple Pie both have 100 calories per 30g bar)
10. 6 dried apricots (around 100 calories)

*Savoury hit*

11. 2 breadsticks with hummus (around 98 calories)
12. Mini pitta bread with 1 tsp reduced-fat cottage cheese (around 97 calories)
13. 1 sachet Miso soup (around 60 calories)
14. A hard boiled egg (a large egg is around 78 calories)
15. A slice of brown toast spread with Marmite (around 99 calories)
16. 3 oven baked potato wedges with 1 tsp ketchup (around 100 calories)
17. 2 crackers spread lightly with smooth peanut butter (around 95 calories)
18. 2 poppadums with 1 tbsp salsa (around 95 calories)
19. 1 rice cake with 1 tbsp guacamole (around 95 calories)

*Needing a treat!*

20. 1 McVities chocolate digestive (84 calories)
21. 2 Jaffa cakes (90 calories)
22. 5 squares of 70% cocoa dark chocolate (around 100 calories)
23. 2 Garibaldi biscuits (around 80 calories)
24. 2 ginger biscuits (around 90 calories)
25. Small bag of Twiglets (97 calories)
26. 15 milk chocolate covered raisins (around 85 calories)
27. 1 cup of plain air popped popcorn (around 35 calories)
28. 1 packet of Quavers (87 calories)
29. 1 fun sized Milky Way (76 calories)
30. Thin slice of malt loaf (around 85 calories)

[http://www.netmums.com/food/30\\_Low\\_calorie\\_snacks.4889](http://www.netmums.com/food/30_Low_calorie_snacks.4889)

## ICED CHOCOLATE MALTED CAPPUCINO

2 shots of freshly brewed espresso  
1/2 cup fat free milk  
2 to 3 teaspoons granular no calorie sweetener (such as Splenda)  
2 teaspoons Nestle® Toll House® Baking Cocoa  
1 teaspoon Nestle Carnation Original Malted Milk Powder  
1 1/2 cups ice cubes

Place espresso, milk, sweetener, cocoa and malted milk powder in blender. Add ice; cover. Blend until smooth. Pour into glasses; serve immediately.

(Total: 45 calories)

<http://www.meals.com/Recipes/Iced-Chocolate-Malted-Cappuccino.aspx?recipeid=759>

## 5-MINUTE GRAPES IN HONEY-LEMON SAUCE

1/4 cup green grapes  
3/4 cup red grapes  
2 tsp lemon juice  
1 tsp lemon zest\*  
2 TBS honey  
Optional: sliced almonds

Remove grapes from stem and place in two dessert dishes. Mix honey with lemon juice and lemon zest in a small bowl. Spoon over the grapes and serve.

\*Use an organic lemon, if possible, to avoid wax coating.

(Total: 90.28 calories)

<http://www.whfoods.com/genpage.php?tname=recipe&dbid=219>

**POTATO SKINS**

4 small russet potatoes  
1/2 cup reduced-fat shredded cheese  
Paprika  
1/2 cup fat free sour cream  
2 scallions, white part only, thinly sliced

Prick potatoes with a fork. Microwave on high for up to 10 minutes, depending on size of potato (or bake for 40-50 minutes in a 425 degree oven). Allow potatoes to cool. Cut in half lengthwise. Scoop out flesh, leaving a thin border next to skin. Reserve flesh for another use. Brush potato skins with a little canola oil or lightly spray with cooking spray. Place scooped-out potatoes on a baking sheet and bake for 20 minutes until edges are crisp. Divide cheese among eight halves. Sprinkle with some paprika. Return potatoes to oven and bake or broil until cheese is golden and bubbly. Serve with dollops of sour cream and scallions sprinkled on top.

(Total: 89 calories per serving)

<http://lowfatcooking.about.com/od/appetizersandsnacks/r/potskins.htm>

**25 KCALS SNACKS:***Sweet*

3 ready to eat apricots.  
1 plum  
1 melba toast with low sugar jam.  
1 tub sugar free jelly (ready made)

*Crunchy*

1 dark ryvita.  
2 fresh carrots.  
2 pieces melba toast.

*Savoury*

Spring onions dipped in low fat salsa dressing.  
2 tablespoons of baked beans.  
1 slice melba toast with 1 teaspoon low fat soft spreadable cheese or marmite.

**50 KALS SNACKS:***Sweet*

1 handful sugar coated cereal.  
1 jaffa cake  
1 piece of fruit (peach,pear,orange)  
1 instant low fat hot chocolate.  
1 ryvita with nutella.

*Crunchy*

1 crisp apple.  
1 ryvita with 1 tsp crunchy peanut butter.

*Savoury*

Babybel light individual cheese.  
1 cheestring.  
Carrot sticks dipped in low fat mayonnaise.  
1 ryvita with low fat cheese.

<http://www.eatatease.com/morehealthysnacks.html>

**BANANA PUDDING POPS**

About 10 (3-ounce) freezer pops

1/3-1/2 cup light brown sugar  
2 tablespoons cornstarch  
Pinch of salt  
2 cups low-fat milk  
2 teaspoons vanilla extract  
2 cups diced bananas, (about 2 large)

Whisk sugar to taste, cornstarch and salt in a large saucepan. Add milk and whisk until combined. Bring to a boil over medium heat, whisking occasionally. Boil, whisking constantly, for 1 minute. Remove from the heat and stir in vanilla.

Put about half the pudding in a food processor or blender and add bananas. Process until smooth. (Use caution when pureeing hot liquids.) Stir the mixture back into the

remaining pudding. Divide the mixture among freezer-pop molds. Insert the sticks and freeze until completely firm, about 6 hours. Dip the molds briefly in hot water before unmolding.

*Make Ahead Tip:* Freeze for up to 3 weeks. | Equipment: Ten 3-ounce (or similar-size) freezer-pop molds

(Total: 82 calories)

[http://www.eatingwell.com/recipes/banana\\_pudding\\_pops.html](http://www.eatingwell.com/recipes/banana_pudding_pops.html)

### ORANGE DREAMSICLE DELIGHT

3oz box of Orange Flavor Sugar Free Jello  
1oz box of Fat Free Sugar Free Vanilla Instant Pudding  
container of Cool Whip Free (8oz.)

Makes approximately 4 1-cup servings.  
( I use the tupperware dessert containers and get 6 servings)

Prepare Jello according to package directions by adding the hot and cold water. Stir in instant pudding powder mix (do not prepare as normal). I use a wire whisk to mix. Fold in entire container of Cool Whip Free, and whisk until completely blended. Refrigerate for a few hours until set.

\*\* You can also pour into ice cube trays and freeze, or into those popsicle molds that you freeze for a refreshing treat\*\*

(Total: 71.5 calories per serve)

<http://recipes.sparkpeople.com/recipe-detail.asp?recipe=379727>

## CHUNKY PEACH POPSICLES

1 1/4 pound(s) ripe peaches, (3-4 medium), halved and pitted  
Juice of 1 lemon  
1/4 cup(s) freshly squeezed orange juice  
1/4 cup(s) sugar, or to taste  
1/4 teaspoon(s) vanilla extract

Coarsely chop peaches in a food processor. Transfer 1 cup of the chunky peaches to a medium bowl. Add lemon juice, orange juice and sugar to taste (depending on the sweetness of the peaches) to the food processor. Puree until smooth. Add to the bowl with the chunky peaches and stir in vanilla.

Divide the mixture among twelve 2-ounce or eight 3-ounce freezer-pop molds (or small paper cups). Freeze until beginning to set, about 1 hour. Insert frozen-treat sticks and freeze until completely firm, about 1 hour more.

(Total: 33 calories per serve)

<http://www.delish.com/recipefinder/chunky-peach-popsicles-recipe-9889>

## APRICOT CANAPES

16 dried apricots  
8 teaspoons crumbled blue cheese  
2 ounces chopped shelled pistachios  
1/2 teaspoon honey  
Freshly ground pepper

Top each apricots with 1/2 teaspoon cheese. Sprinkle with pistachios and drizzle with honey; sprinkle with pepper.

(Total: 64 calories per piece)

[http://www.eatingwell.com/recipes/apricot\\_canapes.html](http://www.eatingwell.com/recipes/apricot_canapes.html)

## CINNAMON ORANGES

4 navel oranges  
2 tablespoons orange juice  
2 tablespoons lemon juice  
1 tablespoon sugar  
1/4 teaspoon ground cinnamon

With a sharp knife, remove rind and white pith from oranges. Cut each into 5 or 6 slices and arrange on 4 plates. Whisk together orange juice and lemon juice, sugar and cinnamon. Spoon over the orange slices.

(Total: 86 calories per serving)

[http://www.eatingwell.com/recipes/cinnamon\\_oranges.html](http://www.eatingwell.com/recipes/cinnamon_oranges.html)

## “COCOA-NUT” BANANAS

4 teaspoons cocoa powder  
4 teaspoons toasted unsweetened coconut  
2 small bananas, sliced on the bias

Place cocoa and coconut on separate plates. Roll each banana slice in the cocoa, shake off the excess, then dip in the coconut.

(Total: 80 calories per serving)

[http://www.eatingwell.com/recipes/cocoa\\_nut\\_bananas.html](http://www.eatingwell.com/recipes/cocoa_nut_bananas.html)

## PIMIENTO CHEESE

- 1 1/2 cups shredded reduced-fat sharp Cheddar cheese
- 1/4 cup low-fat mayonnaise
- 1 4-ounce jar sliced pimientos, drained and chopped
- 2 tablespoons minced scallions
- Hot sauce to taste (optional)

Combine cheese, mayonnaise, pimientos, scallions and hot sauce (if using) in a medium bowl.

*Make Ahead Tip:* Cover and refrigerate for up to 3 days.

(Total: 49 calories per 2-tablespoon serving)

[http://www.eatingwell.com/recipes/pimiento\\_cheese.html](http://www.eatingwell.com/recipes/pimiento_cheese.html)

## TURKEY ROLLUPS

- 4 slices deli turkey breast, (about 2 ounces total)
- 8 teaspoons honey mustard, or mango chutney
- Freshly ground pepper, to taste
- 8 sesame breadsticks

Spread each slice of turkey with 2 teaspoons mustard (or mango chutney) and season with pepper. Wrap each prepared turkey slice around 2 breadsticks.

(Total: 82 calories per serving)

[http://www.eatingwell.com/recipes/turkey\\_rollups.html](http://www.eatingwell.com/recipes/turkey_rollups.html)

## MINI CORN MUFFINS

1 cup yellow cornmeal  
3/4 cup whole wheat flour  
1/4 cup sugar  
1 1/2 tsp baking powder  
1/2 tsp baking soda  
1/4 tsp salt  
1 cup low-fat buttermilk  
1 large egg, beaten  
2 tbsp canola oil

Preheat oven to 400 degrees. Coat two mini muffin pans with nonstick cooking spray.  
In a large bowl, whisk cornmeal, flour, sugar, baking powder, baking soda and salt.  
In a small bowl, combine buttermilk, egg and oil. Add wet ingredients to cornmeal and flour mixture and stir until just combined. Fill mini muffins pans 3/4 full. You will fill only half of the second muffin pan. Bake for 10 minutes.

Servings: 18 mini muffins.

(Total: 78 calories per serving)

<http://lowfatcooking.about.com/od/bakedgoods/r/minicornmuffins.htm>

## BLACK BEAN AND AVOCADO BROWNIES

1 (15.5 ounce) can black beans, rinsed and drained  
3/4 cup egg substitute  
1/4 cup agave syrup  
1/2 of a ripe avocado (60gm)  
6 tbsp cocoa powder (30gm)  
pinch of salt  
1 teaspoon vanilla extract  
6 tablespoons white sugar (75gm)  
2 teaspoons instant espresso

Preheat oven to 350 degrees F. Line an 8x8" pan with parchment paper.  
Combine black beans, egg substitute, agave syrup, and avocado in food processor. Blend for a few minutes, until completely smooth. Add remaining ingredients and continue blending until fully combined, stopping once or twice to scrape down the sides of the bowl.

Spread into parchment-lined baking dish. Bake for 30-33 minutes, or until a toothpick inserted in the brownies comes out clean.

These are best if you let them sit overnight before slicing and enjoying!

(Total calories: 98)

<http://carascravings.blogspot.com/2010/02/treat-for-your-sweet.html>

HEALTHY bars(not gym,or cereal bars) Like EAT NATURAL, and some others that only have 70calories

(Total: 70 calories)

<http://www.caloriesperhour.com/forums/forum14/7799.html>

#### DREAMY CHOCOLATE FUDGE

1 1/2 cups sugar substitute  
2/3 cup evaporated 2% milk  
2 tablespoons stick butter  
1/4 teaspoon salt  
2 cups miniature marshmallows  
1 1/2 cups semi-sweet chocolate chips  
1 teaspoon vanilla

Combine sugar substitute, evaporated milk, butter and salt in a medium size heavy saucepan. Bring to a full rolling boil over medium heat, stirring frequently.

Boil and stir 5 minutes. Remove from heat.

Stir in marshmallows, chocolate chips and vanilla until completely melted and smooth. Pour mixture into foil-lined 8-inch square pan. Refrigerate at least 2 hours or until firm to the touch. Remove foil from pan and fudge. Cut into squares.

Refrigerate any remaining fudge. Makes 50 servings.

(Total: 38.2 calories per serve)

<http://recipes.sparkpeople.com/recipe-detail.asp?recipe=295>

## CHOCOLATE-DIPPED APRICOTS

1/3 cup sugar  
2 strips lemon zest  
1 cinnamon stick  
1 cup water  
24 dried apricots, (about 1/4 pound)  
2 ounces bittersweet (not unsweetened) chocolate, coarsely chopped  
1 tablespoon chopped peeled pistachios

Line a baking sheet with wax paper and place a wire rack on top.

Combine sugar, lemon zest, cinnamon stick and water in a small saucepan; bring to a boil, stirring to dissolve the sugar. Reduce the heat to medium and simmer for 3 minutes. Add apricots and gently simmer just until tender, 6 to 8 minutes. Transfer the apricots with a slotted spoon to the rack. Let cool completely.

Melt chocolate in a small metal bowl set over a pan of barely simmering water.

Dip half of a poached apricot in the chocolate, letting excess drip off. Sprinkle some chopped pistachios over the chocolate half and return the apricot to the rack.

Repeat with the remaining apricots. (You will have some melted chocolate left over.)

Refrigerate until the chocolate has set, about 20 minutes.

*Make Ahead Tip:* Store in an airtight container, with wax paper between each layer, in the refrigerator for up to 1 week.

Per candy: 43 calories

[http://www.eatingwell.com/recipes/chocolate\\_dipped\\_apricots.html](http://www.eatingwell.com/recipes/chocolate_dipped_apricots.html)

## CHOCOLATE- &amp; BISCOTTI-DIPPED STRAWBERRIES

1 large almond or hazelnut biscotti  
4 ounces bittersweet chocolate, chopped  
2 pints strawberries, washed and dried

Crush biscotti in a food processor or with a rolling pin. Melt chocolate over a pan of hot water. Holding on to the stem, dip each strawberry in chocolate to coat about half the strawberry, then dip into biscotti crumbs. Place on a wire rack until chocolate has hardened.

Per piece: 28 calories

[http://www.eatingwell.com/recipes/chocolate\\_biscotti\\_dipped\\_strawberries.html](http://www.eatingwell.com/recipes/chocolate_biscotti_dipped_strawberries.html)

## APRICOT RUM BALLS

10 ounces dried apricots, (1 1/2 cups)  
2/3 cup hazelnuts, toasted (see Tip)  
2/3 cup confectioners' sugar  
1/4 cup light or dark rum  
2 teaspoons freshly grated orange zest  
3 ounces bittersweet (not unsweetened) chocolate

Combine apricots and hazelnuts in a food processor; pulse just until finely chopped. Transfer to a medium bowl. Stir in sugar, rum and orange zest. Roll the mixture into 1-inch balls, arranging them close together in rows on a baking sheet; set aside. Melt chocolate in the top of a double boiler over hot, not boiling, water. Remove the top pan from the heat and let stand for 1 minute to cool slightly. Dip a table knife into the melted chocolate and drizzle it decoratively over the tops of the candies. (Alternatively, spoon the chocolate into a plastic sandwich bag and cut a tiny hole in one corner. Pipe the chocolate over the candies.) Refrigerate until the chocolate has set, at least 30 minutes.

*Make Ahead Tip:* Refrigerate in an airtight container for up to 1 week.

*Tip:* To toast hazelnuts: Spread nuts on a baking sheet and bake at 350°F, stirring once, until fragrant, 7 to 9 minutes.

Per rum ball: 87 calories

[http://www.eatingwell.com/recipes/apricot\\_rum\\_balls.html](http://www.eatingwell.com/recipes/apricot_rum_balls.html)

## STRAWBERRIES WITH MINTED YOGURT

1/2 cup nonfat plain yogurt  
1/2 cup buttermilk  
1 tablespoon sugar  
1 1/2 teaspoons chopped mint  
1/8 teaspoon vanilla extract  
3 cups sliced strawberries

Whisk together yogurt, buttermilk, sugar, mint and vanilla until smooth.  
Spoon over strawberries.

Per serving: 68 calories

[http://www.eatingwell.com/recipes/strawberries\\_with\\_minted\\_yogurt.html](http://www.eatingwell.com/recipes/strawberries_with_minted_yogurt.html)

WATERMELON CAKE WITH RASPBERRY SAUCE  
(Vegetarian option)

1/2 seedless watermelon  
1 small cantaloupe, halved and seeded  
3 kiwi fruits, peeled and sliced  
1 pint blueberries  
1 pint strawberries, hulled and halved  
1 1/2 cups frozen unsweetened raspberries, thawed  
3 tablespoons orange juice  
2 tablespoons sugar

Cut the watermelon into round slices, each about 1 1/2 inches thick. Cut off the rind. Stack the watermelon circles on a large serving platter so that they resemble a cake.

Use a melon baller to scoop out balls from the cantaloupe. Decorate the top of the watermelon cake and the plate around it with cantaloupe balls, kiwi slices, blueberries, and strawberries.

Combine the raspberries, orange juice, and sugar in a blender and pulse until smooth. Pour the mixture.

(Total: 83 calories)

[http://www.usatoday.com/news/health/weightloss/2010-06-25-ffc-recipe-watermelon\\_N.htm](http://www.usatoday.com/news/health/weightloss/2010-06-25-ffc-recipe-watermelon_N.htm)

ANOTHER SUPER MICROWAVE CHOCOLATE MUFFIN RECIPE

1/4 serving protein  
2 tbsp Egg Substitute  
1 tbsp Cocoa, dry, unsweetened, HERSHEY'S  
1/2 tsp Chocolate Chips, Semi-Sweet  
1 tsp baking powder

Mix dry ingredients in a microwave-safe bowl. Add the wet; mix well. Stir in chocolate mini chips. Microwave for 1 minute. Let cool.

(Total: 73 calories)

<http://caloriecount.about.com/another-super-microwave-chocolate-muffin-recipe-r61014>

## LOW-CAL BANANA MUFFINS RECIPE

1 cup all-purpose flour  
1 Tablespoon baking powder  
1/2 teaspoon baking soda  
1/8 teaspoon kosher salt  
1 cup bananas, mashed  
1/4 cup sugar  
1/4 cup applesauce  
1 Egg  
1/2 teaspoon vanilla extract

Preheat oven to 350 degrees F (175 degrees C).

Grease muffin cups or line with paper muffin liners.

Mix together flour, baking powder, baking soda and salt. In a separate bowl, beat together banana, sugar, egg and vanilla. Stir in the applesauce and vanilla. Stir banana mixture into flour until just combined. Scoop batter into prepared muffin cups. Bake in preheated oven for 15 to 20 minutes, or until a toothpick inserted into center of a muffin comes out clean. Let cool before serving.  
For best flavor, place in an airtight container or bag overnight.

(Total: 75 calories)

<http://caloriecount.about.com/low-cal-banana-muffins-recipe-r1191>

## OATMEAL COOKIES -- THE C-C WAY!

These oatmeal cookies will give you the sweet fix you need: full of texture and taste, but NOT full of fat! For variety, put in a cup of chocolate chips, raisins, nuts of your choice, or any other candy that strikes your fancy. Or try using another extract instead of vanilla: how about almond, or raspberry? To reduce calories even more, bake with sugar substitute! With 46 calories per cookie, how can you afford NOT to bake them?

2/3 cup applesauce  
1/4 cup white sugar  
1/4 cup blackstrap molasses  
1 egg white  
1/2 teaspoon vanilla extract  
1/4 cup all-purpose flour  
1/2 teaspoon baking soda  
1 1/2 cups rolled oats

Preheat the oven to 375 degrees F (190 degrees C).

In a large bowl, cream together the margarine, white sugar and brown sugar until smooth. Beat in the egg whites one at a time, then stir in the vanilla. Combine the flour and baking soda; stir into the sugar mixture. Mix in the rolled oats (and chocolate chips/nuts if desired). Drop dough by teaspoonfuls onto ungreased cookie sheets. Bake for 8 to 10 minutes in the preheated oven. Allow cookies to cool on baking sheet for 5 minutes before removing to a wire rack to cool completely.

(Total: 46 calories per serve)

<http://caloriecount.about.com/oatmeal-cookies-c-way-recipe-r3504>

#### LOW LOW FAT BROWNIE RECIPE

1/2 cup all-purpose flour  
6 tbsp unsweetened cocoa powder  
1/2 cup white sugar  
1/2 tsp vanilla extract  
4 ounce (1/2 cup) applesauce  
2 eggs

Preheat oven to 350 degree F (175 degree C). Grease an 8x8 inch square pan.

In a medium bowl, stir together flour, cocoa, sugar and salt. Pour in oil, vanilla, applesauce and eggs. Mix until everything is well blended. Spread the batter evenly into the prepared pan. Bake for 30 minutes in the preheated oven, or until top is shiny and a toothpick inserted into the center comes out clean.

(Total: 36 calories per serve)

<http://caloriecount.about.com/low-fat-brownie-recipe-r10398>

## WHOLE WHEAT OATMEAL COOKIES RECIPE

2/3 cup unsweetened applesauce  
1/4 cup Splenda granular  
1/4 cup light brown sugar  
1 egg white  
1/2 teaspoon vanilla extract  
1/4 cup whole wheat flour  
1/2 teaspoon baking soda  
1/2 teaspoon cinnamon  
1 1/2 cups quick oats  
1/4 cup raisins

Preheat oven to 375F. Combine applesauce, splenda (or other granular sugar substitute), & brown sugar. Add egg white, mix, add vanilla extract. Add dry ingredients (pre-combined). Add raisins. Place by the teaspoonful (slightly rounded) on an ungreased cookie sheet, cook for ~8 minutes. Let sit on pan for 5 minutes before removing to cool completely on plate or wire rack.

(Total: 39 calories per serve)

<http://caloriecount.about.com/whole-wheat-oatmeal-cookies-recipe-r58162>

## BAKED RADISH CHIPS RECIPE

10 Radishes  
1 tsp chili powder  
1/2 tsp garlic salt  
1/2 tsp paprika

Thinly slice radishes. Steam in microwave for 5 minutes. Put in bowl with spices; stir. Bake at 350 degrees for 10 minutes, flip the chips, and bake for another 10 minutes.

(Total: 23 calories)

<http://caloriecount.about.com/baked-radish-chips-recipe-r28902>

## CRAB CAKES RECIPE

16 ounce of Louis Kemp Crab  
2 egg whites  
1/2 cup low-fat mayonnaise  
1 teaspoon Old Bay Seasoning  
1 1/2 cups Corn flakes, crushed  
1 tablespoon lemon juice

In mixing bowl beat egg whites. Add lemon, mayo, Old Bay and half of corn flake crumbs, combine. Mix in crab meat. Spray cookie sheet with no fat pan spray and sprinkle with corn flakes. Form 10 crab patties, top w/remaining corn flake crumbs and spray with no fat pan spray. Bake at 350 degrees for 20 minutes.

(Total: 98 calories per serve)

<http://caloriecount.about.com/crab-cakes-recipe-r43720>

## DANNY'S GO BANANAS! (HOT BANANA SPICE PUDDING)

400 g bananas  
1/2 tsp allspice  
1/2 tsp nutmeg  
1/2 tsp cinnamon  
1 tsp vanilla extract

Peel bananas and break into pieces, pack into pot or microwave-safe container so there isn't a whole lot of airspace between the pieces (heats 'em up faster).

Heat the bananas until they start boil and liquefy, either in a pot on the stove or in the microwave (in a heat-proof container!). Remove as soon as boiling is noted, mash and stir with a fork until it takes on a pudding-like consistency. If you don't want it thick, if you like your puddings more liquid in texture, you can heat it for another minute or two; stir if on stove.

Stir in vanilla extract. Sprinkle nutmeg, cinnamon, and allspice on top, to taste (I like it best with lots of nutmeg and allspice, but your mileage may vary).

(Total: 98 calories per serve)

<http://caloriecount.about.com/dannys-go-bananas-hot-banana-recipe-r18916>

## CHEESECAKE BITES

*Cheesecake:*

1/2 tsp fat-free cottage cheese  
1/8 tsp vanilla extract  
1/2 tsp sugar

*Crust:*

1 tsp cereal  
1 pinch cinnamon  
1 pinch sugar  
1/2 tsp water

Mash up the cottage cheese either with the back of a spoon, or a food processor if making more than one bite. Stir in the vanilla extract and sugar. Set aside. Crush the cereal in a bowl or on a plate with a spoon. Mix in cinnamon and sugar. Add water little by little, and shape into a ball, then flatten. Place on wax paper, and place dollop of cottage cheese on top. Freeze until hardened. Enjoy!

(Total: 18 calories per serve)

<http://caloriecount.about.com/cheesecake-bites-recipe-r60638>

## MEXICAN SNACK PIZZAS

1/4 cup tomato puree  
1/4 cup kidney beans (canned), drained and chopped  
1 tbsp onion, chopped  
1 tbsp green pepper, chopped  
1/2 tsp oregano leaves  
1/4 cup Mozzarella cheese (part skim milk), shredded  
1/4 cup lettuce, shredded

Split muffins; toast lightly. Mix puree, beans, onion, green pepper, and oregano. Spread on muffin halves. Sprinkle with cheese. Broil until cheese is bubbly, about 2 minutes. Garnish with shredded lettuce.

(Total: 68 calories per serve)

<http://caloriecount.about.com/mexican-snack-pizzas-recipe-r58927>

## LIGHT PEACH CRUMBLE

250 ml can of peaches, drained, rinsed, and diced  
1/8 tsp sugar (Note: Use 1 Tbsp. Splenda Brown Sugar Blend)  
1/4 cup slow cooking oats  
1 tsp light butter/margarine  
1 dash of cinnamon  
4 tsp light whipped dessert topping

Preheat oven on broil. Pour peaches into nonstick muffin tin. Stir together the Splenda, cinnamon, and oats, and then cream in the butter. Spoon mixture on top of peaches and broil (at around 3 inches from heat) for 3 to 6 minutes, or until the oats are lightly browned. Wait for tin to cool. Place a generous mound of dessert whip onto a small dessert plate spoon the peach "cobbler" on top!

(Total: 69 calories per serve)

<http://caloriecount.about.com/light-peach-crumble-recipe-r8538>

## GRILLED LIME-TERIYAKI SHRIMP RECIPE

3 tablespoons lime juice  
2 tablespoons olive oil  
2 tablespoons reduced-sodium teriyaki sauce  
1 tablespoon balsamic vinegar  
1 tablespoon Dijon mustard  
1 teaspoon garlic powder  
6 drops hot pepper sauce  
6 uncooked jumbo shrimp, peeled and deveined

Combine the first seven ingredients in a large resealable plastic bag; add shrimp. Seal bag and turn to coat. Refrigerate for 1 hour, turning occasionally. Drain and discard marinade. Thread shrimp onto two metal or soaked wooden skewers. Using long-handled tongs, dip a paper towel in cooking oil and lightly coat the grill rack. Grill, covered, over medium heat or broil 4 in. from the heat for 3-4 minutes on each side or until shrimp turn pink. Yield: 2 servings.

3 shrimp equals 98 calories

<http://www.tasteofhome.com/Recipes/Grilled-Lime-Teriyaki-Shrimp>

## CARROT AND ZUCCHINI SOUP

2 tsp olive oil  
1 medium onion, finely chopped  
1 lb carrots, peeled and sliced  
1 lb zucchini, unpeeled and sliced  
2 tsp curry powder  
3 1/2 cups fat-free, low-sodium chicken broth  
1/4 cup freshly chopped parsley

Sauté onions in a soup pot for 5 minutes, or until softened. Add carrots and zucchini, followed by curry powder. Stir for 1-2 minutes. Add chicken broth. Bring to a boil, then reduce heat and simmer for 20 minutes, until vegetables are tender. Add chopped parsley. Transfer soup to a blender and blend until smooth, working in two batches. Makes 6 servings.

Per Serving: Calories 81

<http://lowfatcooking.about.com/od/soup1/r/carzuccsoup.htm>

## LIGHT SHRIMP SALAD

1/2 pound cooked shrimp meat, patted dry  
1/4 cup finely chopped celery  
1/4 cup diced cucumber  
1/3 cup fat-free strained Greek yogurt  
Dash of hot sauce  
1 tsp lemon juice  
Freshly ground black pepper  
1/4 tsp paprika

Combine ingredients in a small bowl. Serve atop lettuce leaves or stuff into a lettuce or spinach lined whole-grain pita. Serves 4 as an appetizer or sandwich filling.

Per Serving: Calories 71

<http://lowfatcooking.about.com/od/appetizersandsnacks/r/lightshrimp.htm>

## SPINACH PIE

1 cup fat free cottage cheese  
3 large eggs  
1/4 tsp pepper  
1/2 tsp salt  
2 cloves garlic  
10 oz spinach  
4 oz fat free cheddar cheese

Thaw spinach. Mix all ingredients. Spray a pie pan with cooking spray, like Pam.  
Pour mixture into pie pan. Bake at 350 °F (175 °C) for 45-50 minutes.

76 calories in 1 serving

<http://www.fatsecret.com/recipes/spinach-pie/Default.aspx>

## STRAWBERRY BANANA SMOOTHIE II

1/2 cup nonfat yogurt  
1/2 large banana  
3 large strawberries

Slice strawberries and banana. Add all ingredients to blender. Blend well.

74 calories

<http://www.fatsecret.com/recipes/strawberry-banana-smoothie-ii/Default.aspx>

## WATERMELON BLAST

110 g watermelon  
15 ice cubes water

Place seedless watermelon and ice cubes in blender. For an extra hit, add some sugar free Red Bull or any other diet soda. Blend until desired result. Enjoy and go for a run!

33 calories

<http://www.fatsecret.com/recipes/watermelon-blast/Default.aspx>

## ROASTED GARLIC CHICKPEAS

1 dash salt  
2 tbsps garlic flavored light olive oil  
1 clove garlic  
15 1/2 oz chickpeas

Preheat oven to 450 °F (225 °C). Chop or mince garlic clove. Rinse and drain canned chickpeas. Mix chickpeas, minced garlic, olive oil and salt (seasoned to taste) together in shallow baking pan. Bake for 20 minutes until golden brown, stirring occasionally. After 20 minutes, remove from oven and allow to cool. Eat at room temperature.

96 calories

<http://www.fatsecret.com/recipes/roasted-garlic-chickpeas/Default.aspx>

## ROASTED RED PEPPER HUMMUS

1/2 roasted red pepper  
1 1/4 tsp olive oil  
1 tbsp garlic  
1/4 cup lemon juice  
4 cups chickpeas

Drain and rinse chickpeas (2 cans). Place in food processor, start processing while drizzling a small amount of olive oil. Add roasted red peppers, garlic, lemon juice and any other seasonings you desire. Keep processing till smooth and will be slightly runny, but after chilling in fridge it will set up and flavors develop.

Note: yummy with pita chips or vegetables.

89 calories

<http://www.fatsecret.com/recipes/roasted-red-pepper-hummus/Default.aspx>

## TANGY BALSAMIC APPLES

1 tbsp balsamic vinegar  
1/2 tbsp cinnamon  
1/4 tbsp ground ginger  
1 dash salt  
1 medium apple

Peel, core, and dice the apple. Add other ingredients and toss in a bowl.

85 calories

<http://www.fatsecret.com/recipes/tangy-balsamic-apples/Default.aspx>

## WATER CHESTNUT SPINACH DIP

16 oz fat free sour cream  
4 oz vegetable soup mix  
4 stalks green onions  
1 package frozen spinach  
8 oz water chestnuts  
1 cup fat free salad dressing

Mix all ingredients together well. Chill before serving.

46 calories

<http://www.fatsecret.com/recipes/water-chestnut-spinach-dip/Default.aspx>

## BAKED APPLE WITH PUMPKIN PIE SPICE

1 tbsp pumpkin pie spice  
1 medium apple

Take a medium apple and core it, then cut it into smaller pieces. Put the apple pieces into a microwaveable dish, and mix in the pumpkin pie spice.

Heat in microwave for about 1 minute.

Note: you can also add fat free frozen yogurt for flair.

91 calories

<http://www.fatsecret.com/recipes/baked-apple-with-pumpkin-pie-spice/Default.aspx>

## GREEK ANTIPASTO

1 pkg. (4 oz.) Athenos Crumbled Feta Cheese with Lemon, Garlic & Oregano  
1/2 cup chopped kalamata olives  
1/2 cup chopped red onions  
1/2 cup chopped roasted red peppers  
1/2 cup Kraft Greek Vinaigrette Dressing  
2 Tbsp. Lemon zest  
1 Baguette (12 inch)  
2 Tbsp. chopped Italian parsley

Combine feta, olives, onions and peppers in medium bowl. Add dressing and lemon zest; mix well. Refrigerate 1 hour. Heat broiler. Cut baguette into 48 (1/4 inch-thick) slices.

Place in single layer in baking pans or on rack of broiler pan. Broil 1 to 1-1/2 min. on each side or until lightly toasted on both sides.

Add parsley to feta mixture; mix lightly. Spoon 1 Tbsp. of the feta mixture onto each toast slice just before serving.

Calories 90

<http://www.kraftrecipes.com/recipes/greek-antipasto-74013.aspx>

## FRESH TOMATO SALSA

3 Tomatoes (1 lb.), chopped  
1/4 cup finely chopped red onions  
1/4 cup chopped cilantro  
1 Jalapeño pepper, chopped  
1/4 cup Kraft Italian Dressing

Combine ingredients.

Serve salsa with tortilla chips, Nabisco Crackers or assorted cut-up fresh vegetables.

<http://www.kraftrecipes.com/recipes/fresh-tomato-salsa-63801.aspx>

## LAYERED BLACK BEAN DIP

1 pkg. (8 oz.) Philadelphia Cream Cheese, softened  
1 cup rinsed canned black beans  
1 can (10 oz.) Ro\*tel Diced Tomatoes & Green Chilies, drained  
1 cup Kraft Mexican Style Finely Shredded Four Cheese

Spread cream cheese onto bottom of shallow dish. Top with layers of remaining ingredients. Serve with tortilla chips.

Calories 45

<http://www.kraftrecipes.com/recipes/layered-black-bean-dip-112710.aspx>

## TOMATO-BASIL SALAD

4 large Tomatoes, sliced  
1 Onion, thinly sliced  
1/2 cup Fresh basil leaves  
1 cup Kraft Shredded Mozzarella Cheese  
1/2 cup Kraft Sun-Dried Tomato Dressing

Arrange tomatoes, onions and basil on serving platter; sprinkle with cheese.  
Drizzle with dressing. Serve immediately.

Calories 90

<http://www.kraftrecipes.com/recipes/tomato-basil-salad-60587.aspx>

## ANGEL HAIR PASTA WITH PIMIENTO

1 jar sliced -- ( 4 oz.) pimientos undrained  
1/4 pound fresh angel hair pasta  
2 tablespoons grated parmesan cheese  
1 tablespoon chopped chives  
1 teaspoon olive oil  
1 dash garlic powder

Drain Pimiento, reserving 1 t. juice; set aside. Break pasta into thirds. Cook in boiling water in a large saucepan 30 sec. or until tender but still firm. Drain well. Place in a warm serving bowl with pimientos, 1 t. pimiento juice, cheese, chives, olive oil & garlic powder. Toss well to coat before serving.

22 Calories (kcal)

[http://www.hungrymonster.com/recipe/recipe-search.cfm?Course\\_vch=Pasta&ttl=1&Recipe\\_id\\_int=1501](http://www.hungrymonster.com/recipe/recipe-search.cfm?Course_vch=Pasta&ttl=1&Recipe_id_int=1501)