

12 Snacks under 150 calories

<p>1 Claussen Dill Pickle spear 5 Calories Fat 0 g, Carb 0 g, Fiber 0 g, Protein 0 g</p>		<p>Jell-O Gelatin Sugar Free Snack 10 Calories Fat 0 g, Carb 0 g, Fiber 0 g, Protein 1 g</p>	
	<p>1 medium kiwi 45 Calories Fat 0 g, Carb 0 g, Fiber 2 g, Protein 1 g</p>		<p>2 Strawberry Newtons 100 Calories Fat 1.5 g, Carb 20 g, Fiber 1 g, Protein 1 g</p>
<p>Jello-O Smoothie Snack 100 Calories Fat 2.5 g, Carb 18 g, Fiber 0 g, Protein 1 g</p>		<p>½ cup Post Grape-Nuts O's with ½ cup blueberries 100 Calories Fat 0 g, Carb 24 g, Fiber 3 g, Protein 2 g</p>	
	<p>1 Kraft 2% Milk Singles with 1 medium apple, sliced 130 Calories Fat 3.5 g, Carb 22 g, Fiber 4 g, Protein 5 g</p>		<p>1 container of Breakstone's Cottage Doubles – Pineapple 130 Calories Fat 2.5 g, Carb 17 g, Fiber 0 g, Protein 11 g</p>
<p>¾ cup Post Bran flakes with ½ cup skim milk 140 Calories Fat 0.5 g, Carb 24 g, Fiber 5 g, Protein 3 g</p>		<p>2 Tbsp. Original Athenos Hummus with ½ whole-wheat pita 140 Calories Fat 4 g, Carb 23 g, Fiber 3 g, Protein 4 g</p>	
	<p>1 package Special-K Snack Bites 90 Calories Fat 2 g, Carb 18 g, Fiber 0 g, Protein 1 g</p>		<p>1 Pria Bar 110 Calories Fat 3 g, Carb 16 g, Fiber 0 g, Protein 4 g</p>



Quick Quesadilla

1 flour tortilla (6-inch) 1 Tbsp. chopped red peppers
1 slice low-fat cheese 1 tsp. sliced green onions

Top tortilla with cheese, peppers and onions. Microwave on high 15 to 20 seconds or until cheese begins to melt. Fold in half. *(Makes 1 serving. 150 calories per serving.)*



Banana Ritz

10 Ritz reduced fat crackers 2 tsp. honey
1 banana, thinly sliced ¼ tsp. ground cinnamon

Top crackers with banana slices. Drizzle with honey and sprinkle with cinnamon. *(Makes 5 servings. 60 calories per serving.)*



Avocado Hummus

1 medium avocado, peeled, pitted and chopped
1 cup canned chick peas (garbanzo beans)
1/3 cup chopped onion 2 large cloves garlic, minced
3 Tbsp. lemon juice 1 tsp. hot pepper sauce
1 tsp. ground cumin Crackers for dipping.

Place all ingredients except crackers in a blender or food processor; cover. Blend until smooth. Place in serving bowl and cover. Refrigerate at least 1 hour to allow flavors to blend. Serve with crackers for dipping. *(Makes 13 servings. 130 calories per serving.)*



Maple Sugar Apple Grahams

2 unpeeled apples thinly sliced 1/3 cup fat-free sour cream
1 Tbsp. brown sugar ½ tsp. ground cinnamon
2 tsp. maple syrup
4 Honey graham crackers, each broken into 4 pieces.

Toss apples with brown sugar and cinnamon. Set aside. Mix sour cream and syrup; spread evenly onto graham pieces. Top with apples. *(Makes 4 servings. 140 calories per serving.)*



Stuffed Portobello Mushroom

6 large Portobello mushrooms 1/3 cup chopped red pepper
2 Tbsp. chopped fresh chives 1 tsp. chopped garlic
1 Tbsp. Dijon mustard
2 Tbsp. reduced calorie margarine, Melted
22 *Snackwell's Cracked Pepper Crackers*, crushed

Broil mushrooms 2 minutes each side. Mix cracker crumbs, red pepper, chives, margarine, garlic and mustard. Top each mushroom with 2 Tbsp. crumb mixture. Bake at 400°F for 8 to 10 minutes or until thoroughly heated. *(Makes 6 servings. 100 calories per serving.)*