

Healthy Snacks for 100 Calories

Sally Sampson, author of the [100-Calorie Snack Cookbook](#), shares her quick and easy healthy snack recipes. When you're craving something salty or sweet, reach for these guilt-free alternatives to munch on.

Strawberry Sandwich Recipe

Serves 1

You Will Need

1/2 slice Mestemacher or other dense 3-grain bread (equal to 65 calories)
2 teaspoons farmer cheese
3 strawberries, sliced
1/2 teaspoon honey
Coarsely ground black pepper (optional)

What to Do

Place the bread on a plate and spread with the farmer cheese. Top evenly with the strawberries and drizzle with the honey. Add black pepper, if desired. Cut in half and eat.



Peanut Butter-Banana-Apple Bites

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Certainly a snack most beloved by children, but most of the adults I know also love these little bites. The flavors and textures cover all the bases: crunchy, creamy, smooth, sweet and tart with a touch of cinnamon spiciness.



Serves 1

You Will Need

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

What to Do

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.

Apple Chips Recipe



Serves 4

You Will Need

- 2 tablespoons sugar
- 1 tablespoon ground cinnamon
- 4 Granny Smith or other tart apples, thinly sliced

What to Do

1. Preheat the oven to 250°F. Line 2 baking sheets with parchment paper.
2. Place the sugar and cinnamon in a large bowl and mix well. Add the apple slices and toss until most of both sides of the apples are well coated (no need to get crazy if they aren't completely coated).
3. Pour the apples, in a single layer, onto the baking sheets, transfer to the oven and bake until lightly browned and just crisp, about 2 hours. Set aside to cool and then transfer to a jar or plastic bag.

Chocolate Matchsticks Recipe



Serves 1

You Will Need

15 pretzel thins (about 1/2 ounce)
2 teaspoons semisweet chocolate morsels

What to Do

1. Place the chocolate morsels on a small plate and microwave for 10 seconds. Stir.
2. Continue microwaving until the chocolate has melted, about 40 seconds.
3. Take 1 pretzel stick and dip the end in the chocolate. Dip again. Continue with all the pretzels. If there is any chocolate remaining, keep dipping the pretzels until the chocolate has been used up and the tips are well coated. Serve immediately or set aside at room temperature for up to 4 hours.