

Tasty Snacks Without The Guilt

BY ALEXANDRA CUMMINGS



Snacking is a pivotal time of day – it can provide you with energy or can result in tons of empty calories. Here are some delicious snacks that won't leave you feeling too guilty (unless you eat the whole bag...)

iPS

iPS is a delicious crunchy chip made with corn, egg whites, and other all natural ingredients. They have 6 grams of protein per serving and come in all different flavors, like Cinnamon and Aged White Cheddar. I recommend the Barbecue – you may also want to hide the bag after a few bites because they will be gone faster then you can imagine.

Pretzel Crisps

This reinvented version of the pretzel is a great addition to your healthy snack stash. **Pretzel Crisps** contain no trans or saturated fats and have only 21-23 grams of carbohydrate per serving. These thin, flat-baked pretzel crackers can be eaten straight out of the bag, paired with other foods like meat, cheese, fruit and veggies or “skinny dipped” in your favorite low fat dip. Try the delicious new flavors, like Gluten Free Original Minis and Gluten Free Salted Caramel Minis.

barkTHINS

Okay, I love chocolate and anything with chocolate immediately makes it to the top of my must-eat list. These fair trade snacks are verified non-GMO and blend dark chocolate with nuts, seeds, fruit and even quinoa. **barkTHINS** are truly irresistible YUM.

Skinny Cow Iced Coffee

Treat yourself to these delicious iced coffees that won't leave you feeling guilty – one bottle has only 120 calories! You have a choice between Vanilla Latte, Creamy Cappuccino, and Mocha Latte – super hard to decide which one tastes best. **Skinny Cow** smooth flavorful drinks will hit the spot any time of the day.