

# 100Kcal snacks

## Fruit

- 1 small banana
- 5 dried apricots
- 6 prunes
- 2-3 dates
- 1 heaped table spoon of sultanas / raisins



## Nuts



- 1 small handful peanuts
- 5 brazil nuts
- 2-3 walnuts
- 7 almonds
- 1 small handful of cashew nuts
- 100 kcal snacks

## Dairy

- 1 scoop of icecream
- 1 pot full fat/ creamy yoghurt
- 1 medium slice cheese (30g or 1 oz)
- 30ml condensed milk



## Savoury



- 1 small bag crisps
- 2 tablespoons hummus
- ½ crumpet and butter
- ½ mini porkpie
- 1 small sausage roll

## confectionary

- 1/3 standard sized Mars Bar
- 5 jelly babies
- 3 squares milk chocolate
- 2 finger kit kat
- 1 fudge bar
- 1/2 crunchie



## Biscuits / cakes



- 2 digestives
- 1 chocolate caramel digestive
- 2 custard creams
- 2 bourbons
- 1/2 croissant
- 1 jam tart
- 1/2 doughnut