



# **50 Snacks Under 100 Calories: Homemade, Delicious, and Guilt Free**

*William J. Henry*

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## **50 Snacks Under 100 Calories: Homemade, Delicious, and Guilt Free** William J. Henry

Nutritious foods are important to any diet, but sometimes it's nice to know you can grab a quick snack that doesn't have as many calories as a full meal. These low calorie treats will satisfy any craving while still leaving room for dinner.

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