

VITAMIN G

DAILY HEALTH & FITNESS BLOG

Afternoon Snack: Organic Pizza Pie Puffs



What do you get when you combine pizza (mmm) with cheese puffs? No, the answer isn't a heart attack, thank you very much. These Snikiddy Organic Pizza Puffs are a much healthier option than conventional cheese puffs...

These little bites are supposed to mimic the taste of a cheese pizza, but with an airy crunch. And because it's made with real cheese, it's not a scary day-glo orange. One serving has just 110 calories, 1 gram of fiber and 4 grams of heart-healthy fat. A serving of regular cheese puffs has 40 more calories and more than double the fat.

Want another snack that thinks it's a pizza--but is much more diet-friendly? Try these crackers.

What do you like on your pizza? Would you eat a pizza-flavored snack food

