

100 Calorie Boosters

These boosters are approximately 100 calories each and can be added to any appropriate meal or eaten alone. (Please note tbsp = tablespoon tsp = teaspoon).

Savoury Toppings

- Medium spread peanut butter (16g)
 - 1 level tbsp mayonnaise (15g)
- Average serving salad cream (30g)
 - 2 tbsp hummus (50g)
 - 1 heaped tbsp pesto (20g)

Sweet Toppings

- 1 heaped tbsp sugar (25g)
 - 2 heaped tsp honey (35g)
- 2 heaped tsp golden syrup (35g)
- 2 heaped tsp lemon curd (35g)

Fruit & Nuts

- A small handful of peanuts (30g)
 - 5 brazil nuts (15g)
- A small handful cashew nuts (20g)
 - 1 banana (100g)
 - 5 dried apricots (50g)
 - 6 prunes (60g)
 - 2-3 dates (40g)
- 1 heaped tbsp sultanas (35g)

Dairy

- 3 tbsp skimmed milk powder (27g)
 - 150ml full fat milk (blue top)
 - 1 scoop ice cream (60g)
 - 75ml evaporated milk
 - 30ml condensed milk
- 1 small pot full fat yoghurt
 - 30ml coconut cream
- 1 medium slice of cheddar cheese

Snacks

- 2 digestive biscuits
 - 5 jelly babies
- 2 fingers of KitKat
 - ½ a Crunchie
 - 1 Fudge bar
- Bag of crisps

