



**FIVE 50-CALORIE
(OR LESS!)**

AFTER-DINNER TREATS



**Mint Tea
w/ Honey**



**Cinnamon
Almond Milk**



**Air-Popped
Popcorn w/
Vinegar + Sea Salt**



**Cocoa Covered
Frozen Banana
Slices**



**Kefir Shot +
Berry Chaser**