

Mind, Body + Spirit
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The Best Natural Snacks

popchips salt and pepper potato chips

If a kettle chip and a soy crisp had a snack-baby, *popchips* would be it. Thick-cut like a kettle chip, yet still airy like a soy crisp, *popchips* are simply potatoes that've had heat and pressure applied to them. (Not fried, not baked. Yeah, we have no idea how they do it, either.) But despite their unusual cooking technique, their salt and pepper *popchips* are crazy good. No preservatives, no artificial flavors or colors, no cholesterol, no saturated fat, and only 120 calories per serving.

Nutrition: (1 ounce, about 20 chips): 120 calories, 4 g fat, 20 g carbohydrates, 290 mg sodium, 1g fiber, 1 g protein