



# THE **EAT-CLEAN DIET**<sup>®</sup>

*FAST FAT LOSS that lasts forever!*

FAB RECIPE – WEEK OF 21 MAY 2012

## Peanut Butter Chocolate Chip Backpack Kisses



### Nutritional Value per Kiss:

Calories: 75  
Calories from Fat: 45  
Total Fat: 5 g  
Saturated Fat: 1 g  
Total Carbs: 6 g  
Fiber: 1 g  
Protein: 3 g  
Sodium: 38 mg  
Cholesterol: 0 mg

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**YIELD: 33 kisses**

**PREPARATION TIME: 20 minutes**

**COOKING TIME: 0 minutes**

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### Details

Who doesn't love a little kiss? These kisses are the perfect snack to go. Plus, they're super cute!

Ingredients



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- ½ cup / 120 ml old-fashioned rolled oats
- ¼ cup / 60 ml vegan unsweetened protein powder, as natural as possible
- 2 Tbsp / 30 ml hulled hemp seeds
- 2 Tbsp / 30 ml flaxseed, cracked
- ¼ cup / 60 ml unsweetened dried cranberries
- ¼ cup / 60 ml vegan semisweet natural chocolate chips
- Pinch sea salt
- 1 cup / 240 ml all-natural peanut butter, sugar and salt free
- 2 Tbsp / 30 ml brown-rice syrup, yacon syrup or pure honey

### Preparation

1. In a large bowl, mix together oats, protein powder, hemp seeds, flaxseed, dried cranberries, chocolate chips and sea salt. Add peanut butter and syrup or honey and mix together. Using your hands, knead mixture together thoroughly. Drop by rounded teaspoonful onto a baking sheet, or use a mini ice-cream scoop. Using your hands, roll into balls. Wrap kisses in squares of aluminum foil, twisting tops to seal, or store them unwrapped in an airtight container.

### Tosca's Tip

Store in the fridge for up to two weeks, or in the freezer for up to one month.

Source: [www.eatcleandiet.com](http://www.eatcleandiet.com)