

Peanut Butter Chocolate Chip Backpack Kisses



PREP: 20 minutes | COOK: 0 minutes | YIELD: 33 kisses

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

- 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**

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.

CHILL OUT

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

NUTRITIONAL VALUE PER KISS:

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

