

Peppermint Patties

12 SERVINGS 45 MINUTES



INGREDIENTS

2/3 cup Cashews (raw)
2/3 cup Unsweetened Coconut Flakes
3 tbsps Maple Syrup (Or to taste)
2 tbsps Coconut Oil
2 tsps Peppermint Extract (Or to taste)
1 Sea Salt (pinch)
200 grams Dark Organic Chocolate (70-85% cocoa)

DIRECTIONS

- 01 Pulse the cashews, coconut, coconut oil, maple syrup, peppermint extract, vanilla extract & salt in a food processor until combined and finely chopped. Some texture is ok but try to get it as smooth as possible.
- 02 Form round 5cm diameter X 0.5cm thick patties with your hands. Place them on baking paper in the freezer for 20 minutes.
- 03 Gently melt the chocolate by 1/3 filling a bowl with boiling water and placing another bowl on top with the chocolate in it.
- 04 Use two forks to gently dip the frozen mint patties into the bowl of melted chocolate, let the chocolate drip off the top of the patty so you get one smooth side and place on to the sheet of baking paper. Place in the fridge or freezer to set.
- 05 Once set you can store them in the fridge or freezer for a week, but I doubt they'll last that long.

NOTES

SWEETENER

Replace maple syrup with rice malt syrup, honey or agave if you are ok with fructose. I strongly recommend that you add the sweetener last so you can decrease or increase according to your own preference.

DON'T LIKE PEPPERMINT?

Try coconut essence, vanilla or orange zest.

CHOCOLATE

I recommend Green & Blacks Organic 75% or 85% chocolate from Coles or Safeway, it is dairy free & low in sugar. Lindt Excellence 85% is also a great choice.