



Peppermint Patties

Recipe originally from The Prairie Homestead with a few personal changes

What You'll Need:

- 1/2 cup coconut oil
- 2-4 tablespoons honey or maple syrup
- 1/2 teaspoon vanilla
- 6-10 drops peppermint essential oil (EO)
- 2/3-3/4 cups chocolate chips, melted

What You Do:

With a stand or hand mixer, beat the coconut oil, honey/maple syrup, & vanilla until very smooth. Drip in the peppermint EO, tasting as you go to ensure you get the desired level of mintiness. Place in mixture firm enough to handle, divide the coconut oil mixture into 12 portions & roll them into small balls. Place the balls on a cookie sheet lined with parchment paper. Gently flatten them to form a disk. Place the cookie sheet back in the freezer for 10-15 minutes to allow them to firm up one more. Melt the chocolate chips. Once the coconut oil discs are firm, dip them into the melted chocolate. Place them back onto the parchment paper and allow to set. To prevent the patties from melting, store them in the fridge.

