

Peppermint Patties



Filling:

1/2 cup coconut oil

1/4 cup raw honey

3/4 tsp. peppermint extract (or 5 drops Young Living peppermint essential oil)

Blend the coconut oil, honey and peppermint in high powered blender or food processor. Spoon into a mini muffin tin, filling cups half full or use a mold of your choice. Place in freezer while preparing the chocolate dip.

Chocolate Dip:

1/2 cup dark chocolate chips or 70% Lindt Chocolate Bar

1 Tbsp. cocoa butter (or 4 wafers)

Melt the chocolate and cocoa butter over very low heat.

Prepare a plate, pan or dish by placing parchment paper over it and get ready to do some dipping. Remove the muffin tin from the freezer and pop out the patties. Submerge each patty in the chocolate dip and transfer to the parchment pan with a fork, after tapping to remove excess chocolate. Refrigerate until the chocolate has hardened. Peel off the patties and place in an airtight container and keep them stored in the fridge.