



## Allergy-Free Thin Mints

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



100

CALORIES



28 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.5 tablespoon double-acting baking powder
- 0.8 teaspoon baking soda
- 0.3 cup cocoa powder
- 0.5 cup shortening
- 5 tablespoons shortening
- 1.5 teaspoons ener-g egg replacer mixed with 2 tablespoons water
- 1.5 cups flour gluten-free
- 0.8 cup granulated sugar

- 3.8 teaspoons peppermint extract
- 100 servings salt to taste
- 2 tablespoons apple sauce unsweetened
- 2 teaspoons vanilla extract pure
- 0.8 teaspoon xanthan gum

## Equipment

- bowl
- baking paper
- oven
- knife
- whisk
- wire rack
- baking pan
- stand mixer
- wax paper
- microwave
- spatula
- rolling pin
- measuring cup
- offset spatula
- cutting board

## Directions

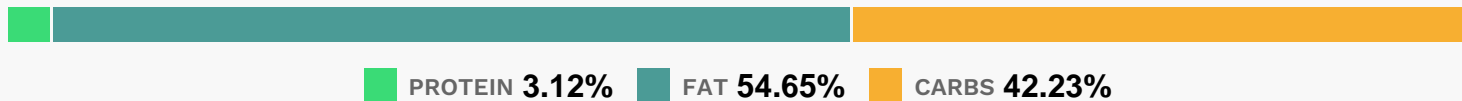
- Measure flour mix, using a large spoon to scoop flour into the measuring cup, then level it off with the back of a knife.
- Whisk with the xanthan gum, cocoa powder, baking powder, baking soda, and salt.
- Whisk well, breaking up any lumps of cocoa powder. Set aside. In the bowl of a stand mixer fitted with the paddle attachment, beat shortening and granulated sugar on medium speed,

about 2 minutes till fluffy.

- Add vanilla extract, applesauce, and egg replacer, and mix till combined, about 30 seconds.
- Add dry ingredients to stand mixer, in two batches, mixing on medium–low speed, until fully combined, scraping down sides of bowl as necessary. Using a rubber spatula, transfer cookie dough to a sheet of parchment paper. Mold into a ball.
- Cut in half, and transfer one half to a second sheet of parchment. Cover both with a top sheet of parchment paper, and use the palm of your hand to press dough down into disks.
- Roll out dough to 1/8th–inch thick. I like to use my trusty rolling pin rings to do this.
- Transfer rolled out dough to a cutting board, or trays, and chill in fridge at least 2 hours until firm. Preheat oven to 325F.
- Remove one sheet of dough from fridge, and peel off top sheet of parchment. Using a 1 –inch biscuit cutter cut out cookies.
- Transfer to parchment lined baking tray, spacing cookies about 1–inch apart. You may want to use a frosting spatula to transfer the cookies. You should be able to fit about 24 cookies per baking tray.
- Bake in center of the oven 10 minutes, till set.
- Transfer tray to cooling rack, and let cool on tray 5 minutes, before transferring cookies to cooling rack to cool to room temperature. Repeat with remaining dough, gathering up scraps and re–rolling until youve used it all. I sometimes roll it out and stick it in the freezer for a few minutes to get it to firm up again. Once cookies have cooled to room temperature, dump them all into a freezer safe container, and stick them in the freezer, uncovered for about 30 minutes to chill. This will simplify the coating process.
- Combine chocolate chips and shortening in a microwave safe bowl, and melt in microwave, stopping to stir about every 30 seconds, for a total of about 2 minutes. Do not overcook, as chocolate burns easily.
- Remove from microwave, and stir till smooth.
- Add peppermint extract, and mix in well.
- Remove a handful of the chocolate wafers from the freezer. You will be making these cookies one at a time. Drop one cookie into the melted chocolate mixture. Use a fork to flip it once, so both sides are now coated. Use the fork to lift the cookie out of the chocolate mixture, and run the bottom of the fork along the edge of the bowl, wiping off the extra drips of chocolate. Set coated cookie down on parchment lined baking tray. Repeat, until youve coated all the cookies. You can let them set at room temperature, but I speed up the process by sticking them in the fridge for about 30 minutes, till set. Once the cookies have set, store them in an

airtight container, between layers of parchment or wax paper. Keep them in the fridge, or, for longer-term storage, keep them in the freez

## Nutrition Facts



### Properties

Glycemic Index:1.62, Glycemic Load:1.06, Inflammation Score:-1, Nutrition Score:0.25826086956522%

### Flavonoids

Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

### Taste

Sweetness: 91.77%, Saltiness: 29.99%, Sourness: 0.11%, Bitterness: 0.06%, Savoriness: 0.53%, Fattiness: 100%, Spiciness: 0%

### Nutrients (% of daily need)

Calories: 28.03kcal (1.4%), Fat: 1.76g (2.71%), Saturated Fat: 0.43g (2.71%), Carbohydrates: 3.06g (1.02%), Net Carbohydrates: 2.78g (1.01%), Sugar: 1.62g (1.8%), Cholesterol: 0mg (0%), Sodium: 209.21mg (9.1%), Protein: 0.23g (0.45%), Fiber: 0.28g (1.14%)