



Creamy Dreamy Peppermint Patties

 **Gluten Free**  **Dairy Free**

READY IN



20 min.

SERVINGS



22

CALORIES



62 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 tablespoons agave nectar to taste (I used 4 tbsp)
- 2 tablespoons vanilla almond milk
- 0.5 tablespoon coconut oil
- 0.8 cup chocolate chips dark
- 1 teaspoon peppermint extract
- 0.5 cup cashew pieces raw (see note)

Equipment

- bowl

- baking sheet
- baking paper
- pot
- blender
- muffin liners

Directions

- Place cashews in a bowl and cover with water.
- Let soak overnight, or for at least 2–3 hours. If your blender isn't great at blending things smooth, I suggest soaking overnight for the best results.
- Drain and rinse the cashews after soaking.
- Add the cashews, melted coconut oil, agave, milk, and peppermint extract into a high-speed blender. Blend on the highest speed until completely smooth. This can take a couple minutes. Line a baking sheet with parchment paper and grab mini cupcake/candy liners.
- Add a half tablespoon of filling into each liner.
- Place on the baking sheet. Repeat until you don't have any filling left (you should get about 22–25). Freeze, uncovered, for 20–35 minutes, or until firm to the touch. After freezing, quickly pop the patties out of the cupcake liners and set each on top of their respective liner. Return to the freezer for 10 minutes to firm up even more. Meanwhile, melt the chocolate and coconut oil in a small pot over the lowest heat. When half of the chips have melted, remove it from the heat and stir until all the chips are melted. Allow the chocolate to cool slightly for a few minutes before dunking the patties.
- Remove the patties from the freezer and dunk them into the melted chocolate with a fork. Tap the side to shake off excess chocolate and place on parchment paper. Do this step as quickly as possible so the patties don't melt. Update: Some of you are having trouble with the chocolate thickening up as you do this step. If this happens, I suggest heating the chocolate again over low heat to thin it back out. The cold peppermint patties are probably causing it to thicken with time. Another option is to just drizzle the chocolate on top of the patties. Return the patties to the freezer until set, for about 10 minutes, until the chocolate coating is firm. Store leftover patties in the freezer/fridge until ready to enjoy!

Nutrition Facts



■ PROTEIN 6.69% ■ FAT 51.28% ■ CARBS 42.03%

Properties

Glycemic Index:2.83, Glycemic Load:0.53, Inflammation Score:-1, Nutrition Score:1.408695652838%

Nutrients (% of daily need)

Calories: 61.59kcal (3.08%), Fat: 3.56g (5.47%), Saturated Fat: 2.27g (14.19%), Carbohydrates: 6.56g (2.19%), Net Carbohydrates: 6.22g (2.26%), Sugar: 4.24g (4.71%), Cholesterol: 0.06mg (0.02%), Sodium: 8.82mg (0.38%), Alcohol: 0.06g (100%), Alcohol %: 0.57% (100%), Protein: 1.04g (2.09%), Copper: 0.08mg (3.8%), Manganese: 0.06mg (2.88%), Magnesium: 10.82mg (2.71%), Zinc: 0.39mg (2.58%), Phosphorus: 25.16mg (2.52%), Calcium: 21.37mg (2.14%), Vitamin K: 2.12µg (2.02%), Potassium: 58.58mg (1.67%), Iron: 0.28mg (1.54%), Vitamin B1: 0.02mg (1.47%), Selenium: 0.95µg (1.36%), Fiber: 0.34g (1.36%), Vitamin B6: 0.03mg (1.35%), Vitamin B2: 0.02mg (1.03%), Vitamin E: 0.15mg (1.01%)