Peppermint candy canes

🥗 **Vegetarian**   🌾 **Gluten Free**   🥛 **Dairy Free**   🥟 **Low Fod Map**

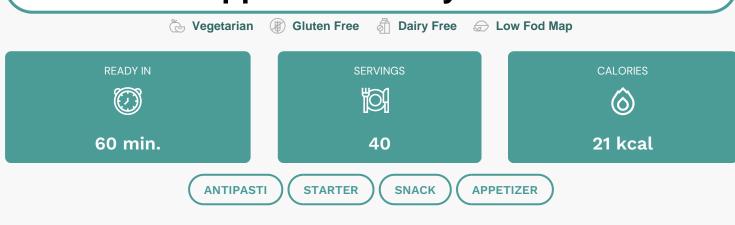| READY IN	SERVINGS	CALORIES
🕐	🍽️	💧
60 min.	**40**	**21 kcal**

ANTIPASTI   STARTER   SNACK   APPETIZER

Ingredients

- ☐ 3 drops peppermint extract
- ☐ 100 g chocolate icing white
- ☐ 50 g chocolate icing red
- ☐ 50 g chocolate icing green

Equipment

- ☐ baking sheet

Directions

☐ Mix a few drops of peppermint into the white, red and green icing. Divide the white icing in 2 and wrap half in cling film along with the green icing.

☐ Roll the remaining half of white icing into a long, thin sausage shape, then do the same with the red icing.

☐ Lay the 2 sausages next to each other, and twist together. Gently roll the twisted length with the palm of your hand until the 2 sausages are joined and smooth. Slice into 12cm lengths, then bend the end of each one to make a hook. Line a baking sheet with baking parchment, then spread out the candy canes. Repeat with the remaining white icing and green icing, then leave the canes to dry out for at least 24 hrs before packaging.

Nutrition Facts

PROTEIN 0% **FAT 34.92%** **CARBS 65.08%**

Properties

Glycemic Index:3.22, Glycemic Load:1.46, Inflammation Score:0, Nutrition Score:0.10782608616611%

Nutrients (% of daily need)

Calories: 20.92kcal (1.05%), Fat: 0.81g (1.25%), Saturated Fat: 0.15g (0.93%), Carbohydrates: 3.4g (1.13%), Net Carbohydrates: 3.4g (1.23%), Sugar: 3.16g (3.51%), Cholesterol: 0mg (0%), Sodium: 9.2mg (0.4%), Alcohol: 0g (100%), Alcohol %: 0.07% (100%), Protein: 0g (0%)