



Special Mints

 Gluten Free

READY IN



45 min.

SERVINGS



96

CALORIES



61 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup butter softened
- ☐ 2 drops peppermint oil
- ☐ 2 drops spearmint oil
- ☐ 96 servings paste food coloring green
- ☐ 96 servings paste food coloring red
- ☐ 2 pound powdered sugar
- ☐ 0.5 cup ready-to-spread vanilla frosting
- ☐ 0.3 cup whipping cream

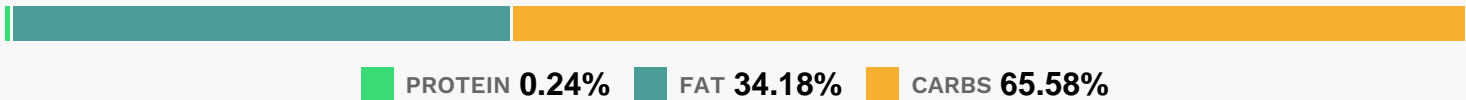
Equipment

- ☐ baking sheet
- ☐ hand mixer
- ☐ ziploc bags
- ☐ wax paper

Directions

- ☐ Beat butter at medium speed with an electric mixer until creamy; gradually add powdered sugar, beating until blended.
- ☐ Add cream and oils, beating until smooth.
- ☐ Divide mixture in half; color 1 half with green food coloring and the other half with red food coloring. Set 2 tablespoons pink mint mixture aside.
- ☐ Roll mint mixtures to 1/4-inch thickness on wax paper.
- ☐ Cut with assorted 1-inch Christmas cutters.
- ☐ Place on wax paper-lined baking sheets.
- ☐ Roll reserved pink mixture into tiny balls; press onto holly leaf-shaped mints to resemble berries.
- ☐ Let stand 6 hours or until firm.
- ☐ Spoon frosting into a small heavy-duty zip-top plastic bag. Snip a tiny hole in 1 corner of bag, and decorate mints as desired.
- ☐ Let stand 1 hour or until firm. Store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:0.97, Glycemic Load:0.34, Inflammation Score:-1, Nutrition Score:0.15652173935719%

Nutrients (% of daily need)

Calories: 61.11kcal (3.06%), Fat: 2.37g (3.65%), Saturated Fat: 1.4g (8.72%), Carbohydrates: 10.25g (3.42%), Net Carbohydrates: 10.25g (3.73%), Sugar: 10g (11.12%), Cholesterol: 5.78mg (1.93%), Sodium: 17.73mg (0.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.04g (0.08%), Vitamin A: 68.2IU (1.36%)