



## Paleo Peppermint Patties

author: elise

### Ingredients

- 1/2 cup of coconut butter (buy it here, or make your own)
- 2 Tablespoons melted coconut oil
- 4 Tablespoons maple syrup
- 5-6 drops peppermint essential oil or 1/2 teaspoon peppermint extract.
- **For the chocolate topping:**
- 3 Tablespoons cocoa powder (*organic*)
- 1/3 cup coconut oil or butter
- 3 Tablespoons maple syrup
- (you could also use half a bag of chocolate chips and 1/4 cup butter melted together. it's yummy. Not that I would know....)

### Instructions

1. Mix first four ingredients at room temperature (cold coconut butter is as hard as a

- rock!)
2. spoon roughly 1 teaspoon into mini cupcake liners, or other small mold
  3. Refrigerate
  4. Next, mix cocoa, coconut oil or butter, and maple syrup together, adding more or less maple syrup to your taste preference.
  5. Once peppermint layer is firm, remove from refrigerator, and top with chocolate.
  6. Place back into the fridge until set.
  7. Enjoy!

Recipe by The Frugal Farm Wife at <http://www.frugalfarmwife.com/article/paleo-peppermint-patties/>