ULRIKE BLATZ   CREATING HEALTHY TIMES

HONEY SWEETENED PEPPERMINT PATTIES

INSTRUCTIONS
for the peppermint patties:
1/2 cup plain yogurt (If you are sensitive to lactose, I recommend homemade 24 hour yogurt)
1/2 cup coconut butter
1/3 cup honey
1 tsp organic peppermint extract
 2 1/2 cups shredded coconut

for the chocolate coating:
1 recipe of honey sweetened chocolate coating

tools:
cookie cooling rack, cookie cutters, baking sheet

INGREDIENTS
for the peppermint patties:
Melt the coconut butter by placing the jar in hot water and set aside. Add yogurt, honey, and peppermint extract to a mixing bowl and mix well. Add the shredded coconut and mix until lumps form. Add the coconut butter and stir until combined.

Line a 9" square baking dish with parchment paper.

Add the coconut mixture to the baking dish and using a tablespoon push into a thin layer (about 3/8 inches). Refrigerate for an hour.

Remove the firm coconut mass from the baking dish and place on a cutting board. Use a cookie cutter to cut out your favorite shapes (I used a 1"round shape but you might as well go for stars, hearts, or whatever shape you like).

Refrigerate for one hour.

for the chocolate coating:
Add the honey sweetened chocolate coating to a large jar (I use a glass smoothie jar). Using two forks, dip the coconut shapes into the chocolate one at a time. Place the patties on a cookie rack or parchment paper to dry.

Store in an airtight container in the refrigerator.

Guten Appetit!