AMERICAN · DESSERT · SNACK

Keto Peppermint Patties (Sugar-Free, Dairy-Free)

25 min · plus 2 hours freezing | Makes 12 × 1 patty | 128 kcal a portion

Video 6:20 · All Day I Dream About Food

Vegan | Gluten-free ingredients | Nut-free

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A coconut oil and coconut cream mint filling sweetened with erythritol and dipped in sugar-free chocolate: under 2 g net carbs and almost no sugar a patty.

Diet notes: Keto (1.7 g net carbs a serve).

Ingredients

6 · MAKES 12 × 1 PATTY

- [ ] 109 g **coconut oil**, slightly softened
- [ ] about 2 tbsp **coconut cream**
- [ ] 95 g **powdered erythritol sweetener** (Swerve)
- [ ] 2 tsp **peppermint extract** (or less, to taste)
- [ ] 85 g **sugar-free dark chocolate** (Lily's)
- [ ] a little **cocoa butter** (about 15 g), for the coating

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Contains: none of the common allergens in the listed ingredients. Check labels on stock, sauces and spice mixes.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Beat the softened coconut oil with the coconut cream until combined. 0:51
2. Beat in the powdered sweetener and peppermint extract until smooth, like buttercream frosting. 1:25
3. Drop spoonfuls onto a wax-paper-lined tray that fits in your freezer and shape each into a rough round — about 12 patties. 2:06
4. Freeze for about 2 hours, until firm enough to dip. 2:58
5. Melt the chocolate with a little cocoa butter in a bowl over simmering water, stirring until smooth and thin enough to coat. 3:10
6. Working quickly with frozen patties, dip each one in the chocolate with two forks, turn it, tap off the excess and set it back on the paper. 4:18
7. Let the coating set and keep the patties in the fridge. 5:13

> **Tip** Start with 1 tsp peppermint extract and add more to taste. The cocoa butter keeps the chocolate shell thin; coconut oil works but makes it thinner still. In hot weather, dip one patty at a time straight from the freezer.

The method is a summary in our words — the video shows every step.

One portion (1 patty) gives you

1 OF 12 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
128 kcal	0.6 g	4.3 g	2.6 g	13 g	0 mg
530 kJ	1% of a day	1.7 g net · 0.2 g sugars	9% of a day	10 g saturated	0% of a day
		2% of a day		17% of a day	

Energy from net carbs 5% · protein 2% · fat 93% — fits keto: 1.7 g net carbs, 93% of the energy from fat

Recipe and video: All Day I Dream About Food (@AllDayIDreamAboutFood) on YouTube — youtube.com/watch?v=zaTqJFHskxk, published 5 March 2019. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/keto-peppermint-patties