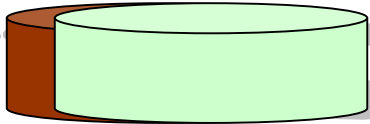
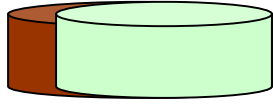


Peppermint



creams

Ingredients:

- 1 egg white
- 350g icing sugar
- 3 drops peppermint essence
- 2 drops of green food colouring
- 125g dark chocolate
- icing sugar for shaping and dusting



These make a wonderful gift for someone very special.

Method:

- Whisk the egg white until it is frothy
- Sieve in the icing sugar and mix well.
- Add the peppermint essence and the food colouring and mix well.
- Sprinkle icing sugar on your palms and roll teaspoon sized amounts of the mixture into small balls.
- Place the balls onto a tray and flatten with a fork to form flat disc shapes.
- Carefully dip each one into melted chocolate and leave to set on non-stick paper.



You could change the food colouring to pink and use strawberry flavoured essence to make strawberry creams, or even orange and lemon creams. Use little cutters to make hearts and flower shapes.