

Thin Mint Cookies

THM Friendly – S

- 1/4 cup cocoa powder
- 1/4 cup coconut flour
- 1 /4 tsp. xanthan gum
- 1/4 cup butter, softened
- 8 drops of peppermint essential oil (food-grade) or 1/8 - 1/4 tsp. peppermint extract
- a pinch of salt
- 2 Tbsp. egg whites
- 3 Tbsp. water
- 1/4 cup Gentle Sweet



Mix well. Form into small thin discs and place on a silicone baking mat. Bake in the air fryer at 390 degrees for 6-8 minutes. They should be crispy. Let cool completely. Dip in melted chocolate. I use the Aldi 85% Moser Roth chocolate bars. Let the dipped cookies cool so that the chocolate sets; you can speed things up by putting them in the freezer.

enJOY!

