

PEPPERMINT FAT BOMBS

INGREDIENTS

125g Coconut Oil, melted

1 Tbsp Xylitol

1/2 tsp Peppermint Essence

2 Tbsp Cocoa

METHOD

Mix the melted coconut oil with the xylitol and peppermint essence.

Pour half the mixture into silicon cases or ice cube trays. Place in the fridge. This will become the white layer.

Add the cocoa powder to the remaining mixture, then pour onto the white layer which has set in the fridge.

Pop back into the fridge until set completely.

