

Homemade Lion's Mints

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Ingredients

- 2 cups powdered sugar (sifted)
- 2–3 tbsp aquafaba (chickpea brine) or water (for non-vegan, egg white works too)
- 1 tsp peppermint extract (adjust to taste)
- 1 tsp light corn syrup or agave syrup (helps texture)
- Optional: a tiny pinch of cream of tartar (stabilizes)

Instructions

1. Base Mixture

- In a mixing bowl, whisk the aquafaba (or egg white if using) until lightly frothy.
- Stir in the peppermint extract and syrup.

2. Form the Dough

- Gradually sift in powdered sugar, mixing until a smooth, pliable dough forms (like fondant). It should be soft but not sticky.

3. Shape the Mints

- Roll the dough into small balls (about ½ teaspoon each).
- Flatten slightly into discs, like the classic Lion's Mints.

4. Drying/Setting

- Place on parchment paper and let dry at room temperature for 12–24 hours until firm but still a little soft inside.

5. Optional Finish

- For a glossy look, you can dip them quickly in simple syrup and let dry again.

Tips & Variations

- For extra smoothness: knead a touch of coconut oil or vegetable shortening into the dough.
- For softer, chewier mints: add 1–2 tsp vegan condensed milk (like oat or coconut condensed milk).
- If you want the classic “snap then melt” texture: let them dry a full 24–36 hours in a cool, dry spot.

