Peppermint Creams

**ingredients**

8 oz (225 g) icing sugar

1 egg white

Peppermint essence

**tools**

Fork for mixing

Bowl to mix in

Strainer to sift the icing sugar

Paper plate or greaseproof paper to dry your peppermint creams on

Extra icing sugar to stop your hands getting sticky

Sift the icing sugar into the egg white to form a stiff paste, and add a few drops of peppermint essence to flavour the mix.

Knead the paste lightly, to make sure it is smooth, and then take small pieces and make them into the shapes you want – you can roll out the paste and use cutters to make shapes if you want.