

## Homemade Cinnamon Mints - Sweet, Spicy & Breath-Freshening Treats

Homemade Cinnamon Mints ??



**TIME**  
**5 min**

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**ChefManiac**

### INGREDIENTS

2 cups powdered gum paste mix  
2-3 drops red food coloring  
Powdered sugar, for dusting  
Warm water  
‰ bottle cinnamon oil flavor (adjust for intensity)

### DIRECTIONS

1. Mix the Liquid Base: In a bowl, combine:
2. Warm water
3. Red food coloring
4. Cinnamon oil flavoring
5. Stir until evenly blended.
6. Add Gum Paste Mix: Gradually stir in the powdered gum paste, a little at a time to prevent lumps. Continue mixing until a stiff dough forms.
7. Knead the Dough: Dust your surface with powdered sugar and knead the dough until smooth and pliable-about 5 minutes.
8. Shape the Mints: Roll dough to about ...-inch thickness. Cut into squares or use mini cookie cutters for fun shapes.
9. Dry the Mints: Place on a wax paper-lined plate, dusted with powdered sugar. Let air-dry at room temperature for 2-3 days, until firm.
10. Store and Enjoy: Store your dried mints in an airtight tin or jar. They keep well and are perfect for a quick pick-me-up!

### TIPS FOR SUCCESS

Adjust flavor strength: Cinnamon oil is potent-start with less and taste as you go.

Shape creativity: Use tiny heart or star cutters for a festive twist.

Speed up drying: Place in a warm, dry area but avoid direct sun or heat.

Flavor Variations Mint oil for peppermint mints Lemon or orange extract for citrusy versions Gel food coloring for bolder color without adding extra liquid

