



# Peppermint Black Bean Brownies

Servings:9

Prep Time:10 minutes

Cook Time:35 minutes

## Ingredients:

1 (425g) can black beans, drained and rinsed

1/2 a large avocado (or 2 eggs if not vegan)

1/4 cup cocoa powder

2/3 cup maple syrup (or honey if not veagn)

1/3 cup coconut oil

1/2 teaspoon baking powder

Pinch of salt

4 drops Peppermint essential oil

3/4 cup chocolate chips, divided

## Instructions:

1. Preheat oven to 180 degrees Celcius.

2. Place all ingredients, except for chocolate chips, in blender or food processor and blend until smooth.

3. Pour batter into large bowl and stir in 1/2 cup chocolate chips.

4. Pour into greased 8x8 inch pan and top with 1/4 cup chocolate chips.

5. Bake 30-35 minutes or until a toothpick comes out clean.

## Tips:

When cooking with essential oils, start small. Add one drop and then more if necessary to keep the oil from overpowering the recipe.