



Black bean brownies are a delicious and nutritious twist to a traditional chocolate brownie. You might be nervous about baking with black beans, but don't be—they have a very mild flavor and are extremely rich, creamy, and full of protein. You can also boost the flavor of your brownie with essential oils such as Peppermint, Wild Orange, Cinnamon, or even Lavender.

### Ingredients

- 1 (15 ounce) can black beans, drained and rinsed
- 2 large eggs
- ¼ cup cocoa powder
- ⅔ cup honey
- ⅓ cup coconut oil
- ½ teaspoon baking powder
- Pinch of salt
- 2–4 drops Peppermint oil
- ¾ cup chocolate chips, divided

### Instructions

1. Preheat oven to 350° F.
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 ½ cup chocolate chips.
4. Pour into greased 8x8-inch pan and top with ¼ cup chocolate chips.

Feedback 30 LIVE CHAT IS ONLINE othpick comes out clean.

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## Black Bean Brownies

with Peppermint essential oil

**Servings:**9

**Prep Time:**10 min

**Cook Time:**35 min

**Difficulty:**Easy

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- ⅔ cup honey
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### Instructions:

1. Preheat oven to 350° F.
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 ½ cup chocolate chips.
4. Pour into greased 8x8-inch pan and top with ¼ 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.