YOUNG LIVING
ESSENTIAL OILS

YOUNG LIVING RECIPE

GUILT-FREE MINT BROWNIES

PREP & COOKING TIME 40 minutes **SERVES** 12

INGREDIENTS

425g	Low-sodium black beans
⅓ cup	Coconut oil
¼ cup	Unsweetened cocoa powder
⅛ tsp.	Salt
2 tsp.	Vanilla extract
½ cup	Honey
3	Free range eggs
2 drops	Young Living Peppermint essential oil OR Young Living Spearmint essential oil

METHOD

1. Preheat oven to 180°C. Rinse and drain black beans, then melt coconut oil on stove until clear.
2. Blend all ingredients except eggs in food processor until smooth.
3. In a separate bowl, lightly whisk eggs until well beaten. Add the chocolate mixture to the eggs and combine by gently folding.
4. Pour mixture into a greased 20 x 20 cm pan and bake for 25 - 30 minutes.
5. Let cool 15 minutes before cutting.
6. Let cool for another 15 minutes, then serve.