

Mint and Chocolate Brownies

Ingredients

2 1/2 cups black beans (drained and rinsed) I use [Eden Brand, here is why.](#)
1/4 to 1/3 cup [local raw honey](#) (I use 1/4 cup)
2 [organic, local eggs](#)
1/3 cup [extra virgin, organic coconut oil](#) (melted)
1/4 cup raw cacao powder
1/2 teaspoon peppermint extract
2 teaspoons [vanilla](#)
1/4 teaspoon sea salt
1/2 cup chocolate chips (Fair trade if possible)

Method

Preheat oven to 350°F.

Place everything (except for the chocolate chips) in a food processor and blend until smooth, pulsing and scraping down the sides of the bowl to ensure all the beans are completely puréed.

Remove the blade and pour the mixture into an 8x8 pan that has been greased ahead of time or that has parchment paper on the bottom of the pan. Sprinkle the chocolate chips over the top of the brownie batter.

*Note: You could also divide the mixture into mini muffin pans to make cute little black bean brownies. Cooking time will be a lot less time.

Bake for about 25- 30 minutes. When they are ready they should be firm to the touch. Cool them completely before cutting them into squares or with heart shaped cookie cutters. These brownies are actually best served from the refrigerator and eaten with a smile!

I must warn you, these taste so delicious that you may want to eat them all, but because of the black beans, they are really high in fibre and may make you toot toot ! Need I say more?

Honey and Vanilla
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