

MINT GLUTEN FREE BROWNIES

Peppermint Essential oil adds an interesting flavor to brownies and peppermint oil has been shown to be helpful in reducing pain and inflammation. Yes, this recipe does contain soybean oil. When you are using a boxed mix, you are going to run into some products that you may want to avoid, but this recipe is easy and tasty. If you want to make an awesome very pure brownie see my recipe for: Black Bean Peppermint Brownies.



Start with: 1/3 cup water, 1/3 cup vegetable oil, 1 egg, 2-4 drops Doterra peppermint oil

Just three easy steps:

1. Heat oven to 325°F. Lightly grease an 8x8x2-inch pan baking pan.
2. Stir together water, oil, egg, 2 drops peppermint oil (start with 2, you can always add more if the brownie mix doesn't smell minty enough) and brownie mix until moistened. Spoon batter into pan and spread evenly.
3. Bake 48-52 minutes.* For glass pan, add 5 minutes to bake time. Makes 16 servings.

*Do not over bake. Freshly-baked brownies appear underbaked but cool to doneness. Cool completely in pan before cutting. Store in a tightly covered container.

High Altitude (over 5,000 feet): Prepare as directed, adding 1/3 cup cornstarch.