



HEALTHIER MINT CHOCOLATE COOKIES

Makes 18 servings | Serving size: 2 cookies

PREP TIME
30 min

COOK TIME
15 min

TOTAL TIME
45 min

At iFit, we definitely think that there's a place in life for treats. Sometimes, we like to make iFit treats a little more nutrient-dense and healthier by subbing ingredients.

Ingredients

Cookies

- 1 (15-ounce) can black beans, drained and rinsed
- 3 tablespoons applesauce
- 2 tablespoons honey
- 1 tablespoon pure vanilla extract
- 3 drops peppermint extract
- ½ teaspoon salt
- ½ teaspoon baking soda
- ½ teaspoon baking powder
- 2 tablespoons whole wheat pastry flour
- 6 tablespoons cocoa powder
- ¼ cup mini dark chocolate chips

Chocolate coating

- ½ cup mini dark chocolate chips
- 2 teaspoons coconut oil
- 1 drop peppermint extract



Directions

1. Leaving out the mini dark chocolate chips, place all ingredients in a food processor.
2. Blend until smooth, making sure to scrape the sides.
3. Stir in the chocolate chips, then chill for 20 minutes.
4. While the dough chills, preheat the oven to 350°F.
5. Roll the chilled dough into little balls, then flatten them. They should be about the size of a quarter.
6. Place on a greased or parchment-lined baking sheet.
7. Bake for 15–18 minutes.
8. Cool completely on the baking sheet. (This helps make them crunchy!)
9. Once cookies have cooled completely, melt the chocolate for the coating.

10. In a microwave-safe bowl, add the chocolate and coconut oil.
11. Microwave for 30 seconds at a time, stirring in between until completely melted.
12. Once chocolate is melted, add the peppermint oil and stir.
13. Dip the cookies in the chocolate, then place on a foil- or parchment-lined pan.
14. Cool until the chocolate hardens.
15. Store in an airtight container.

*Pro tip: Enjoy these frozen for a cool treat!