



Chocolate Avocado Brownies

12 servings

30 minutes

Ingredients

- 1 Avocado (medium, ripe)
- 2 Egg
- 1/2 tsp Vanilla Extract
- 72 grams Coconut Sugar
- 60 grams Butter
- 1/2 cup Almond Flour
- 1/4 cup Cacao Powder (or cocoa powder)
- 1 tsp Baking Soda
- 3 grams Sea Salt
- 40 grams Dark Chocolate Chips
- 40 grams Almonds (roughly chopped)

Nutrition

Amount per serving	
Calories	173
Fat	13g
Carbs	12g
Fiber	3g
Sugar	8g
Protein	4g
Calcium	30mg
Iron	1mg
Vitamin D	7IU
Folate	19µg
Vitamin B12	0.1µg
Phosphorous	42mg
Magnesium	42mg
Zinc	0mg
Selenium	3µg

Directions

- 1 Preheat the oven to 350°F (177°C). Add the avocado, eggs, vanilla, coconut sugar and butter to a food processor or blender and mix well until combined.
- 2 Add the almond flour, cacao powder, baking soda and sea salt. Process again until combined. Stir in the chocolate chips and almonds, reserving some to place on top.
- 3 Line a pan with parchment paper and pour brownie batter in. Smooth the top down and sprinkle the remaining chocolate chips and almonds on top. Bake for 20 minutes.
- 4 Remove from the oven and let cool before slicing. Enjoy! Serve with freshly whipped cream or coconut yoghurt and some fresh berries.

Notes

Avocado: One medium avocado is equal to approximately one cup of mashed avocado.

No Ghee: Use coconut oil or coconut butter instead.

Pan Size: For 12 servings, we used a 9 x 9-inch pan.