

AVOCADO BROWNIES

These are packed with heart loving ingredients like avocados, coconut and chocolate, but they are a TREAT and a little gooey, so I recommend a napkin or two!

SERVINGS	SERVING SIZE	TIME TO MAKE
24 --~2 x 2 inch brownie	1 Brownie	25 MINUTES

INGREDIENTS

- Brownie Batter
- 180 grams Chocolate (roughly 1 bar)
- 2 Tablespoon Coconut Oil
- 2 Avocados, ripe
- 3 Eggs, large
- 1/2 Cup Unsweetened Cocoa Powder
- 1/2 Cup Coconut Flour minus 1 Tablespoon
- 1/2 Cup Honey or Maple Syrup
- 1 Tablespoon Vanilla Extract
- Dash of Sea Salt, optional
- Frosting
- 1 Avocado, ripe
- 3 Tablespoon Unsweetened Cocoa Powder
- 3 Tablespoon Maple Syrup

DIRECTIONS

1. Preheat oven to 400 degree F
2. Place parchment paper on or grease a 9" x 13" pan
3. Using a double boiler, melt chocolate. Remove from heat and stir in coconut oil until mixed. Let cool.
4. In a blender or food processor, start blending the avocados until no lumps or bumps.
5. You can continue to gently pulse or pour the blended avocados into a bowl and add one egg at a time until mixed.
6. Add in the cocoa powder and flour, gently mix then add the sweetener and vanilla.
7. Add cooled melted chocolate/oil to the blended batter ingredients until everything is well blended with no lumps, or bumps.
8. Pour batter into pan and bake for 15-18 minutes

9. Meanwhile, make the frosting by blending all ingredients in a blender/food processor until smooth with no lumps, or bumps.
10. Remove brownies from oven when done and let cool.
11. Pour frosting on top of brownies and cut into serving sizes
12. Enjoy!

Nutritional Information per serving: 114 Calories, 6 grams Fat, 3 gram Saturated Fat, 24 mg Cholesterol, 12 mg Sodium, 13 grams Total Carbohydrates, 2 gram Fiber, 5 grams Sugar, 2 grams Protein, 2% Vitamin A, 1% Vitamin C, 1% Calcium, 9% Iron