

Please be advised that not all of the recipes are appropriate for all people.
If you have specific dietary restrictions and are unsure if a recipe works for you, please contact us.

Avocado Brownies

Ingredients:

- 6 oz enjoy life chocolate chips
- 1 T coconut oil
- 2 large or 3 smaller ripe avocados
- ½ C Xyla or stevia baking blend/Manuka honey/maple syrup
- ¼ C cocoa
- 1 T vanilla
- 3 T coconut flour
- 3 eggs
- ½ tsp baking soda
- ½ tsp baking powder
- ½ tsp salt

Directions:

- Melt chocolate and coconut oil together until smooth
- Puree avocado in food processor until completely smooth
- Transfer avocados to mixing bowl and mix in melted chocolate
- Add all remaining ingredients and beat until smooth
- Bake at 350 degrees in an greased 8x8 pan for 30-35 minutes
- Cool then serve

Can sprinkle with powdered sugar, add whole chocolate chips or nuts to the batter or frost after cooled.