

# AVOCADO CHOCOLATE CAKE

## INGREDIENTS

- 2/3 C** Cocoa powder
- 1/2 C** Water (boiling)
- 1 T** Vanilla
- 2 C** Almond flour (finely ground)
- 1/2 t** Baking soda
- 1/4 t** Salt
- 1/2 C** Honey (dark)
- 1/2 C** Sugar (Coconut)
- 2** Avocados (ripe) (medium) (peeled) (seeded) (mashed)
- 1 C** Egg substitute
- 1/2 C** Chocolate chips (optional)
- Non-stick cooking spray **OR** parchment paper



## DIRECTIONS

- 1** Preheat oven to 325 degrees F
- 2** Grease a loaf pan with non-stick cooking spray or parchment paper
- 3** In a small bowl, pour boiling water & vanilla extract onto cocoa powder & whisk to combine making the mix like a runny paste
- 4** In a large bowl, sift almond flour, baking powder & salt
- 5** Add honey, coconut sugar & avocados to the bowl of a food processor
- 6** Process until the avocado mix is smooth and pale green
- 7** Add the chocolate mix to the food processor & blend until well-combined
- 8** Whisk the egg substitute & add them to the food processor
- 9** Pulse 3 - 5 times to incorporate all the ingredients into the mix
- 10** Gently fold chocolate avocado mix into the dry ingredients & add chocolate chips (optional)
- 11** Pour the batter into your prepared loaf pan & bake for 50 minutes or until toothpick comes out clean
- 12** The cake will not seem as solid as you would expect
- 13** Cool the cake for at least 30 minutes before removing from the pan.