Avocado Brownies

12 SERVINGS 30 MINUTES



INGREDIENTS

1 Avocado (medium, ripe)
2 Egg
1/2 tsp Vanilla Extract
1/2 cup Coconut Sugar
3 tbsps Ghee
1/2 cup Almond Flour
1/2 cup Cacao Powder (or cocoa powder)
1 tsp Baking Soda
1/2 tsp Sea Salt
1/3 cup Organic Dark Chocolate Chips

NUTRITION

AMOUNT PER SERVING

Calories	183	Sodium	242mg
Fat	13g	Potassium	186mg
Carbs	14g	Vitamin A	219IU
Fiber	3g	Vitamin C	2mg
Sugar	9g	Calcium	23mg
Protein	3g	Iron	1mg
Cholesterol	39mg		

DIRECTIONS

01 Preheat the oven to 350°F (177°C). Add the avocado, eggs, vanilla, coconut sugar and ghee to a food processor or blender and mix well until combined.

02 Add the almond flour, cacao powder, baking soda and sea salt. Process again until combined. Stir in the chocolate chips, reserving some to place on top .

03 Line a pan with parchment paper and pour brownie batter in. Smooth the top down and sprinkle the remaining chocolate chips on top. Bake for 18 to 20 minutes.

04 Remove from the oven and let cool before slicing. Enjoy!

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.