

## Avocado and Cacao Brownies

A guilty pleasure with less guilt

Why add avocado to a perfectly good dessert? Most recipes use plenty of butter or oil to give brownies a fudgy/creamy texture, but avocado does the same thing while adding extra fiber and nutrition to the mix.

Avocados have more potassium than bananas. They're a good source of monounsaturated fatty acids. Specifically, they contain oleic acid, which has been linked to reducing inflammation. They also help to lower total cholesterol levels and to increase nutrient absorption, specifically with vitamins A, D, E, and K, which are fat soluble.

This recipe also uses raw cacao powder instead of cocoa powder. Cacao powder is loaded with minerals, powerful antioxidants, flavonoids and potassium supporting heart health, reduced inflammation and lowers blood pressure. It also has this distinctive bitter-sweet deep chocolaty flavor that store-bought dark chocolate simply doesn't have.

### Ingredients:

- 1 large avocado pitted and removed from skin
- 2 eggs
- ½ cup cane sugar
- 3 tablespoons coconut oil or butter
- 1 teaspoon vanilla extract
- ½ cup raw cacao powder
- ½ cup whole wheat flour (or songhum flour for a GF option)
- 1 teaspoon baking soda
- ½ teaspoon salt
- ½ cup chocolate chips/chunks or walnuts (optional)
- 1 tablespoon oil or butter (to grease baking sheet)

### Preparation:

Preheat oven to 350°

In a large bowl add avocado and mash until it is smooth with no lumps. Add the eggs, can sugar, coconut oil and vanilla extract. Mix well

Add the cacao powder, whole wheat flour, baking soda and salt. Mix until everything is fully incorporated.

Add the chocolate chip/chunkss or nuts if desired.

Lightly grease an 8" x 8" baking sheet with cooking oil.

Pour the batter into the baking sheet.

Bake for 25-30 minutes.

Test with a toothpick to check that it is done.

Remove from the oven and let set for 10 minutes.

\*If preparing with a food processor, add all ingredients except for the chocolate chips/chunks or nuts. Blend until all ingredients are mixed. Add the chocolate chips or nuts and mix into batter by hand.