

Avocado chocolate brownie

A rich chocolate cake, crisp on the outside and soft in the middle

Serves: 24

Ingredients

- 3 large very ripe avocado's
- 170ml coconut oil
- 600g cocoa powder
- 4tsp pure vanilla extract
- 6 eggs
- 340ml maple syrup
- 200g gluten free flour (or normal plain flour can be substituted)

Method

1. Put avocado and melted oil in a blender and blend until creamy and smooth.
2. Place eggs, syrup, vanilla extract and creamy avocado into a mixing bowl and whisk together.
3. Add the rest of the ingredients and combine.
4. Turn out onto a lined baking tray.
5. Cook in a pre-heated oven at 200°C degrees for 25-30 mins.

Allergen Advice:

Contains: Eggs

**Note if using plain flour this
will then contain gluten**