



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 Dark Chocolate Chips

Nutrition

Amount per serving	
Calories	177
Fat	12g
Carbs	14g
Fiber	3g
Sugar	9g
Protein	3g
Sodium	234mg
Vitamin A	69IU
Vitamin C	2mg
Calcium	23mg
Iron	1mg
Vitamin D	7IU
Magnesium	46mg

Directions

- 1 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.
- 2 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 .
- 3 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.
- 4 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.