

AVOCADO CHOCOLATE BREAD



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(Gluten and Grain Free, Dairy Free)

1½ cup avocado, mashed

3 tablespoons coconut oil, melted or canola oil

1 teaspoon vanilla extract

2½ tablespoons coconut cream (cream that forms on the top of a can of coconut milk when can is left in the fridge overnight)

3 tablespoons raw honey

2 eggs

½ cup pecans or cashew nuts

2 cups almond flour

1 teaspoon baking soda

¼ cup raw cacao powder

½ teaspoon salt

⅓ cup chocolate chips

Instructions

add the avocado to a food processor and pulse until creamy

add the coconut oil, vanilla, coconut cream, honey and eggs to the avocado and pulse to combine ingredients

chop the pecans and mix with the almond flour, baking soda, cacao powder, salt and chocolate chips in a large bowl

combine wet and dry ingredients and mix gently with a rubber spatula. Do not over mix.

spoon batter into a medium loaf pan lined with parchment paper and sprinkle top with chocolate chips. Note: the batter will be very thick and you will need to spread it across the pan

with a spatula.

preheat oven at 180°C and bake until a toothpick inserted into the center of the loaf comes out clean, approximately 45 minutes

let it cool on a wire rack and serve.

to preserve freshness, place inside an airtight container and store in refrigerator

FOTO- Lindi Erasmus

Nota van Lindi: Veranderinge wat ek gemaak het: Canola Oil in plek van Coconut Oil. Dairy Free Dark Cocolate Disks gekap ingesit en nie choc chips nie en Cashew neute ipv pecans gebruik. Volgende keer gaan ek hom maak met n fudge frosting bo-laag, gaan perfek werk saam die bietjie bitter van die dark chocolate. Maar heerlik, beslis n resep wat ek gereeld vir n bederf sal maak.