



## AVOCADO BROWNIES

### Ingredients:

- 1 LARGE AVOCADO
- 70G PURE COCO POWDER
- 2 EGGS
- 120G MAPLE SYRUP
- 50G UNSALTED BUTTER (MELTED)
- 1 TSP VANILLA EXTRACT
- 1TSP BAKING POWDER
- PINCH SEA SALT
- 60G CHOCOLATE CHIPS

### Method

- PREHEAT THE OVEN TO 180C. LINE A 9-INCH SQUARE DEEP DISH PAN WITH BAKING PAPER OR GREASE WITH BUTTER.
- USING A FOOD PROCESSOR BLEND THE AVOCADO UNTIL SILKY SMOOTH. IF YOU DON'T HAVE A FOOD PROCESSOR OR BLENDER, MASH WELL WITH A FORK THEN CONTINUE TO MIX UNTIL SILKY WITH A WOODEN SPOON.
- IN A SEPARATE BOWL, BEAT THE EGGS UNTIL WELL COMBINED THEN ADD THEM TO THE AVOCADO UNTIL ALL IS SILKY SMOOTH.
- ADD THE COCO POWDER, MAPLE SYRUP, MELTED BUTTER, VANILLA, BAKING POWDER AND PINCH OF SEA SALT TO YOUR MIXTURE AND BLEND UNTIL WELL COMBINED.
- WITH A SPOON, GENTLY FOLD IN THE CHOCOLATE CHIPS UNTIL EVENLY COMBINED & POUR YOUR MIXTURE EVENLY INTO YOUR BAKING TRAY.
- BAKE FOR 45MINS UNTIL LIGHTLY CRACKED ON TOP.



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## Nutritional Information

**AVOCADO** - AVOCADOS ARE A GREAT SOURCE OF VITAMINS C, E, K, AND B-6, AS WELL AS BEING A GREAT SOURCE OF MAGNESIUM, AND POTASSIUM. THEY ALSO PROVIDE LUTEIN, BETA-CAROTENE, AND OMEGA-3 FATTY ACIDS. THESE ALL CONTRIBUTE TO IMPROVED HEART HEALTH & STRONG IMMUNE SYSTEM.

**COCO** - COCOA POWDER IS RICH IN THEOBROMINE, WHICH HELPS TO REDUCE INFLAMMATION AND CAN PROTECT YOU FROM DISEASES SUCH AS HEART DISEASE, CANCER, AND DIABETES. SINCE COCOA IS RICH IN PHYTONUTRIENTS BUT LOW IN FAT AND SUGAR, THE CALORIES YOU GET FROM COCOA POWDER WILL BE PACKED WITH HEALTHY CHEMICALS.

**EGGS** - EGGS ARE NUTRIENT RICH, HIGH IN QUALITY PROTEIN, RAISE LEVELS OF "GOOD" CHOLESTEROL, A GOOD SOURCE OF OMEGA-3S, FILLING AND HELP WITH WEIGHT LOSS, AMONG THE BEST DIETARY SOURCES OF CHOLINE.

**MAPLE SYRUP** - CONTAINS NUMEROUS ANTIOXIDANTS, GETS A LOWER SCORE ON THE GLYCAEMIC INDEX, FIGHTS INFLAMMATORY DISEASES, MAY HELP PROTECT AGAINST CANCER, HELPS PROTECT SKIN HEALTH, ALTERNATIVE TO SUGAR FOR IMPROVED DIGESTION, SUPPLIES IMPORTANT VITAMINS AND MINERALS AND A HEALTHIER ALTERNATIVE TO ARTIFICIAL SWEETENERS.

**VANILLA** - PROVIDES A CALMING EFFECT, HELPS CURB SUGAR INTAKE, EASES TOOTHACHE AND CAN PROMOTE HEARTH HEALTH.