



Avocado Brownies with no mixer

15'
Hands on

20''
Hands off

30'
Cook Time

6
Portion(s)

1
Difficulty



Ingredients

- 1 avocado(s), ripe
- 80 g chocolate couverture 65%, melted
- 3 tablespoon(s) sunflower oil
- 2 eggs, medium
- 1 teaspoon(s) [vanilla extract](#)
- 100 g almond, powder
- 1 teaspoon(s) baking powder, gluten-free
- 20 g cocoa powder
- 100 g stevia, powder
- 40 g chocolate couverture, drops

To serve

- 50 g chocolate couverture, melted
- 20 g chocolate couverture, shavings

Διατροφικός πίνακας

Nutrition information per portion

370 Calories (kcal)	31.0 Total Fat (g)	8.3 Saturated Fat (g)	12.0 Total Carbs (g)
19%	44%	42%	5%
8.5 Sugars (g)	8.8 Protein (g)	5.0 Fibre (g)	0.35 Sodium (g)
9%	18%	20%	6%

Method

- Preheat oven to 180* C (350* F) Fan.
- Line a 20x25 cm baking pan with parchment paper. Grease with butter and dust with cocoa powder.
- [Clean](#) an avocado and mash with a fork.
- Add the melted chocolate, sunflower oil, eggs and vanilla extract. Whisk.
- In another [bowl](#), combine the almond powder, baking powder, cocoa powder, stevia and chocolate chips.
- Add the dry mixture to the avocado mixture and mix with a silicon spatula, until completely combined.
- Transfer to baking pan and smooth the surface with the spatula.
- Bake for 25-30 minutes.
- When ready, remove from oven and allow to cool on a [wire rack](#) for 20 minutes. Then cut into pieces.
- Serve with melted chocolate couverture and chocolate shavings.