

DARK CHOCOLATE AVOCADO BROWNIES



Avocados From  **Mexico** TM

◆◆◆ ALWAYS IN SEASON ◆◆◆

AvocadosFromMexico.com

DARK CHOCOLATE AVOCADO BROWNIES

INGREDIENTS

2 Avocados From Mexico avocados

4 large eggs

1 cup sugar

8 oz. dark chocolate chips

½ cup dark cocoa powder

¼ tsp. salt

1 tsp. vanilla extract

½ cup whole wheat flour

Add ½ cup of chopped walnuts if you want to add some crunch!

INSTRUCTIONS

1. Preheat oven to 350°F.
2. Line an 8x8-inch cake pan with parchment paper and spray with cooking spray.
3. Beat eggs and sugar with electric mixer at medium speed until bubbly and fluffy.
4. Place chocolate chips in microwave-safe bowl and microwave on HIGH in 15 seconds increments, stirring in between, until melted.
5. With mixer running, add chocolate to egg mixture. Fold in cocoa, salt, vanilla and flour.
6. Mash avocados in separate bowl until very smooth. Add to batter and mix well.
7. Pour batter into prepared pan and bake 30 minutes, or until toothpick is inserted in center and comes out clean.
8. Let cool before slicing.

MAKES 16 SERVINGS

Dark Chocolate Avocado Brownies (1/16) | Calories: 190, Total Fat: 9g (Sat. Fat: 4g, Trans Fat: 0g) Cholesterol: 55mg, Sodium: 90mg, Total Carbohydrate: 28g, Dietary Fiber: 3g, Sugar: 20g, Protein: 4g