



Fudgy Chocolate Avocado Cake

2 cups almond meal (or 1 cup of all purpose flour)
1 1/2 avocados (flesh, not skin)
3 eggs
1/3 cup cocoa powder
1/2 cup coconut cream
1/2 cup soy milk
1/3 cup coconut sugar
2tsp baking powder
1sp vanilla extract

Chocolate Avocado Frosting

1 avocado (flesh, not skin)
60g dark chocolate
1/2 cup coconut sugar
3 tbsp soy milk
1tbsp cocoa powder

Method

Prepare a cake tin with parchment paper.

Preheat oven to a moderate temperature (180 Celsius or 350 Fahrenheit).

In a food processor, blend together the eggs, avocado flesh, coconut cream, cocoa powder, soy milk and vanilla extract.

Blend in 30sec increments for a few minutes. You will need to scrape down the sides and continue to blend until completely smooth and no lumps remain.

Add the almond meal (or flour), baking powder and coconut sugar and blend again until combined. Pour the batter into the cake tin and bake for approximately 35 minutes or until the cake is cooked through and the top springs back when touched. Allow the cake to completely cool in cake tin. While cooling, prepare the frosting by adding all ingredients to the blender, and blending until completely smooth.

Spread over the cake and enjoy!