

Fudgy Avocado Brownies with Avocado Frosting

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Ingredients

- 300 g dark chocolate chopped or chips
- 2 tbsp Coconut oil
- 2 medium hass avocados pitted and peeled
- 1/2 cup honey or maple syrup
- 1 tsp vanilla extract
- 3 eggs at room temperature
- 1/2 cup cocoa powder
- 1/2 cup less 1 Tbsp. coconut flour

For the Avocado Frosting

- One medium sized hass avocado pitted and peeled
- 3 Tbsp unsweetened cocoa powder
- 3 Tbsp maple syrup

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Instructions

1. Preheat the oven to 400 degrees F.
2. Line the base and sides of a 9 x 13 in pan with parchment paper, allowing some overhang.
3. Put the dark chocolate and coconut oil in a bowl set over simmering water, without it touching the water.
4. Melt the chocolate, stirring until smooth then remove from heat and set aside.
5. Place the avocado into a food processor or blender and process/blend until smooth.
6. Stir the avocado, honey and vanilla extract into the cooled chocolate.
7. Next, add the eggs, one at a time, making sure each is well mixed before adding the next.
8. Stir in the coconut flour and cocoa powder until the batter is smooth.
9. Pour the batter into the prepared pan and spread to cover the pan and fill the corners. Smooth the top.
10. Bake for 12-15 minutes or until the top is firm to the touch.
11. Remove from oven and cool completely in the pan before lifting the brownie from the pan.

For the Avocado Frosting

1. Place frosting ingredients in a food processor or blender along with the cocoa powder and maple syrup.
2. Process/Blend, scraping down the sides as needed until very smooth.
3. Add more cocoa powder or maple syrup if needed to taste.
4. Spread over completely cooled brownies.
5. Cut the brownie into 24 pieces and store in an airtight container for up to 3 days.

