



ALMOND BUTTER AVOCADO BROWNIES



INGREDIENTS

- 1 tbs coconut oil (used for greasing)
- 2 tbs ground flax seeds (mixed with 6 tbs of water)
- 1/4 cup cassava flour
- 1/4 cup cacao powder, unsweetened
- 1 tbs instant decaf coffee
- 1 tsp baking soda
- Pinch of Himalayan salt
- 1 ripe medium avocado (cut into chunks)
- 1 cup almond butter
- 1 tsp vanilla extract
- 1/2 cup maple syrup

DIRECTIONS

1. Preheat the oven to 350°F/180°C and grease a silicone mold with coconut oil.
2. Combine the flax seeds with water and set aside.
3. Dry ingredients: Mix the flour, cacao powder, instant decaf coffee, baking soda and salt together in a separate bowl and set aside.
4. In a food processor, mix the almond butter and avocado chunks until incorporated. Use a spatula to periodically scrape down the sides to avoid chunks of avocado in your brownies. Add the vanilla extract, maple syrup, and flax/water mixture. Pulse a few times until combined (periodically scrape down the sides).
5. Add the dry ingredients into the ingredients in the food processor. Process until completely combined. Use a spatula to stir and scrape until no lumps remain. The mix should be sticky, like a batter.
6. Spoon the brownie batter into the prepared, oiled silicone molds, it will be very thick. Smooth out the top the best that you can.
7. Bake for 25-30 minutes, or until inserting a toothpick into the center comes out clean for the majority.
8. Pop them out of the molds and let them cool on a rack.

Chia seeds are one of the richest plant sources of omega-3 fatty acids, which have been associated with reduction of LDL cholesterol and decrease in inflammation. Avocados are full of heart healthy fats (monounsaturated fats) that help decrease bad cholesterol and help to increase good cholesterol.