



**From the Kitchen  
of  
Executive Chef  
Jessica VanRoo**

**Avocado Brownie**

Serves 9-12 depending on size

**Ingredients**

- ½ cup mashed avocado, 1 small ripe avocado
- ½ cup cacao or cocoa powder
- 1/3 almond flour
- 2 large eggs
- 1 cup allulose, coconut sugar, or brown sugar
- ¼ cup nut or seed butter such as almond or sunflower
- 1 teaspoon baking powder
- 1 teaspoon vanilla extract
- Pinch of salt
- ½ cup dark chocolate chips, sugar-free if desired



## From the Kitchen of Executive Chef Jessica VanRoo

### Avocado Brownie

#### Instructions

1. Preheat your oven to 325 degrees and line an 8-9-inch square baking dish with parchment paper. Make sure the paper comes over the edge of the pan. If the paper slides around, coat the pan with nonstick spray and then line.
2. In a blender or food processor, combine the avocado with cacao or cocoa, eggs, sugar, butter, baking powder, vanilla and salt. Blend until smooth, and make sure to scrape down the container as needed.
3. Pour the mixture into a bowl, then fold in the chocolate chips.
4. Pour the mixture into the lined baking dish. Bake the brownies for 40 minutes or until the brownies are set.
5. Cool completely before cutting and serving. These are very fudgy, so wipe your knife between each cut to minimize sticking.