



Chocolate and Avocado Brownie Cakes

Bursting with a rich chocolatey flavour, these brownie style cakes really are delicious. You would never know that they contain avocado and are therefore bursting with creamy goodness! They are the perfect treat with an added touch of 'healthiness'.

Makes 12 (muffin cases)

You will need:

- 4 medium eggs (free range are best)
- $\frac{3}{4}$ cup caster sugar
- $\frac{3}{4}$ cup brown sugar
- $\frac{1}{2}$ cup plain flour
- $\frac{3}{4}$ cup of cacao (or 1 cup of cocoa powder)
- 2 tsp vanilla extract
- 8oz avocado flesh (approx. x2 medium avocados)

How to make your brownie cakes:

1. Pre-heat the oven to 180°C and line a muffin tin with paper cases.
2. Mix the eggs, both types of sugar, and the vanilla extract together in a large mixing bowl.
3. Remove the flesh from the Avocado's and mash well.
4. Add the mashed Avocado to the bowl and combine, taking care not to over mix.
5. Mix together the cocoa / cacao and flour in a separate bowl. Then add this dry mixture to the wet mixture a little at a time, mixing well as you go.
6. Spoon the mixture into cake cases filling each one $\frac{3}{4}$ of the way up.
7. Bake for 22 - 25 minutes. Insert a knife or skewer into the middle of one cake and if it comes out clean they are cooked. Allow to cool before eating.