

Avocado Chocolate Cake



- 1/2 medium ripe avocado (about 1/2 cup mashed)
- 1 cup + 2 tablespoons Soymilk Unsweetened* or 2% Milk
- 1/4 cup maple syrup
- 1/3 cup sugar
- 1 cup flour
- 1/2 cup unsweetened cocoa powder
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 cup dark chocolate chips (Optional)
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Directions

Preheat the oven to 350°F then lightly grease an 8 x 8" baking dish.

In a blender or food processor, combine the avocado, milk, maple syrup and sugar. Blend for about 15-20 seconds, until smooth.

In a large bowl, combine the flour, cocoa powder, baking soda and salt then stir together. Pour the wet ingredients in the blender into the bowl with the dry. Add the chocolate chips (optional) and stir together until combined. Sprinkle a handful of chocolate chips on top then bake in the oven for 15-20 minutes, until set. You should be able to stick a fork in the center and have it come out clean. Allow to cool for at least 15 minutes before serving.

*Plant based milk like Soymilk, Coconut Milk, Almond Milk or Oat milk are fine as substitution

NUTRITION FACTS

Nutrition Facts	
Servings 9.0	
Amount Per Serving	
calories 206	
% Daily Value *	
Total Fat 8 g	12 %
Saturated Fat 4 g	19 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 276 mg	12 %
Potassium 145 mg	4 %
Total Carbohydrate 38 g	13 %
Dietary Fiber 5 g	21 %
Sugars 21 g	
Protein 5 g	10 %
Vitamin A	1 %
Vitamin C	1 %
Calcium	7 %
Iron	21 %