

# Christmas Brownie

High Protein avocado & chocolate brownie, topped with Greek yoghurt, almonds and cranberry jam.

## Christmas Brownies

Recipe serves	Prepared for
6	6

Ingredient	Amount	Scaled amount
Dark Chocolate	60 g	60 g
Coconut Oil	1/2 tbsp	1/2 tbsp
Avocado	100 g	100 g
Honey	30 g	30 g
Cacao	5 g	5 g
Protein powder	30 g	30 g
Ground almonds	30 g	30 g
Eggs	2 ----	2 ----
Baking powder	1/2 tsp	1/2 tsp
baking soda	1/2 tsp	1/2 tsp
Salt	1/4 tsp	1/4 tsp

## Instructions

1. Place a glass bowl over a saucepan of simmer water
2. Add the dark chocolate and coconut oil and allow to melt.
3. Remove once melted and add chopped avocado.
4. Blend with a hand blender.
5. One by one add the remaining ingredients, stirring In-between.
6. Blend, to ensure mix is smooth.
7. Place in ramekins and bake at 180C for 25-30 minutes.
8. Allow to cool.
9. Decorate with Greek yoghurt, cranberries, cranberry jam and ground almonds (optional)



## Shopping List

Ingredients	Have it	Quantity
Dark Chocolate	<input type="checkbox"/>	60g
Coconut Oil	<input type="checkbox"/>	1/2 tbsp
Avocado	<input type="checkbox"/>	1
Honey	<input type="checkbox"/>	30g
Cacao powder	<input type="checkbox"/>	5g
Protein powder	<input type="checkbox"/>	30g
Ground Almonds	<input type="checkbox"/>	30g
Eggs	<input type="checkbox"/>	2
Baking Powder	<input type="checkbox"/>	1/2 tsp
Baking Soda	<input type="checkbox"/>	1/2 tsp
Salt	<input type="checkbox"/>	Pinch

