

Cacao Avocado Cake



3 Ripe Avocado, mashed

60ml Apple sauce, unsweetened (Apples chopped, and stewed in water, until sauce consistency) or mashed banana

80g Almond butter

120ml Almond milk

1tsp Vanilla Extract

40g Cacao powder

125g Spelt flour

30g Erythrytol or 3 drops pure stevia drops

2tsp Baking powder

½ tsp Bicarbonate of soda

Pinch himalayan salt

1.5tbsp Chopped hazelnuts

Options to add desiccated coconut and/or vegan dark chocolate chips (70%min)

Place mashed avocado in a mixing bowl along with apple sauce (or banana), almond butter, almond milk and vanilla extract. Whisk until all ingredients are combined.

In another bowl add all the dry ingredients (apart from nuts) and mix.

Add the liquid ingredients to the dry ingredients and fold until combined. (If using stevia drops instead of erythritol, add now)

Fold in the chopped hazelnuts

Transfer the batter to a glass dish and place on middle rack of oven.

Bake at 180 degrees celsius for 45 mins or until testing pick inserted into centre of cake comes out clean.

Turn off oven and place unbleached baking parchment over cake and leave in oven for 10 mins.

Remove from oven and leave to cool

Store in fridge or can freeze