Avocado Chocolate Bread

Gluten-Free
Serves 6

Ingredients -

- 1½ cups (202g) avocado
- 3 tablespoons (36g) melted coconut oil
- 1 teaspoon vanilla extract
- 2½ tablespoons (40g) coconut cream (cream that forms on the top of a can of coconut milk when can is left in the fridge overnight)
- 3 tablespoons (63g) raw honey
- 2 room temperature eggs
- ½ cup (58g) pecans
- 2 cups (228g) blanched almond flour
- ¼ cup (22g) raw cacao powder
- 1 teaspoon baking soda
- ½ teaspoon salt
- ⅓ cup chocolate chips, plus some more to sprinkle on top

Instructions –

- Preheat the oven to 350°F, and line the bottom and sides of an 8½ x 4½-inch medium loaf pan with parchment paper.
- Add the avocado to a food processor and pulse to break it down. Then add the coconut oil, vanilla, coconut cream, honey and eggs, and pulse until smooth.
- Chop the pecans, and add them to a large bowl along with the almond flour, baking soda, cacao powder, salt and chocolate chips.
- Using a rubber spatula, mix the wet and dry ingredients gently. Do not over mix.
- Spoon batter into the prepared pan and sprinkle top with chocolate chips. Note: the batter will be very thick and you will need to spread it across the pan with a spatula.
- Bake until a toothpick inserted into the center of the loaf comes out clean, approximately 40 to 45 minutes.
- Let the bread cool in the pan over a wire rack for about 10 minutes before serving. To preserve freshness, store bread inside an airtight container in the refrigerator.

Cook's Notes -

* I recommend you use Hass avocados to make this recipe because it is not bitter like other types of avocados. Other types of avocados may give a bitter aftertaste to this bread.

Source: https://livinghealthywithchocolate.com/desserts/avocado-chocolate-bread-2181/