

Less than 45 minutes

Makes 9 squares

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Ingredients:

- 1 PnP ripe-and-ready avocado, mashed
- 1 cup (250ml) oat milk (or any other milk alternative)
- $\frac{3}{4}$ cup (140g) demerara (raw cane sugar) or coconut sugar
- 2 slabs (100g each) vegan dark chocolate (1 melted and 1 chopped)
- 1 cup (120g) buckwheat flour or plain cake flour
- 1 tsp (5ml) baking powder
- $\frac{1}{2}$ tsp (3ml) fine salt

Method:

1. Preheat oven to 190°C.
2. Blitz avo, milk and sugar until smooth.
3. Stir in melted chocolate.
4. Combine flour, baking powder, salt and chopped chocolate.
5. Stir wet ingredients into dry ingredients until well combined
6. Pour into a lined 15-18cm square baking tin.
7. Bake for 20-25 minutes (a skewer inserted into the centre should still be slightly sticky).
8. Cool for 5 minutes.
9. Slice and serve or store in an airtight container.