

Recipe

TRIPLE CHOCOLATE AVOCADO PALEO BITES

THE GOODS:

- ½ cup coconut flour
- ½ cup raw cacao powder
- 2 tbs baking powder
- ¼ tsp of salt
- 1 avocado
- 2 eggs
- ½ cup maple syrup or coconut sugar
- 2 tsp vanilla extract
- 2 Tbsp coconut oil (refined is best for baking)
- ½ cup dairy free chocolate milk (for the triple in triple chocolate)
- 1/3 cup dark chocolate chips

THE METHOD:

Preheat oven to 375F Mix the dry ingredients in one bowl. Mix the wet in the other. Slowly fold dry ingredients into wet and mix on medium with a hand mixer. Lastly, gently add the dark chocolate chips. Bake for 18-22 minutes. Careful not to over bake and avoid crumbling or dryness. I like to leave mine closer to 18 min. Set to cool and enjoy every bite!! Store in an airtight container in the fridge for easy and on the go boosts. Makes about 24 mini muffins.