

Avocado, macadamia & chia brownie



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Preparation 25 mins | Cooking 35 mins | Makes 20 small pieces

This rich, moist and delectable avocado brownie is simply delicious!

- 1 large or 2 medium (weight in total 400g) ripe avocados
- 1 tbs lemon juice
- $\frac{3}{4}$ cup macadamia nuts, roasted and roughly chopped
- $\frac{1}{4}$ cup black chia seeds
- $1\frac{1}{2}$ cups caster sugar
- 3 free-range eggs, lightly beaten
- 1 tsp vanilla extract
- 200g dark chocolate, chopped
- $\frac{1}{3}$ cup cocoa powder
- 1 cup plain flour
- $\frac{1}{2}$ tsp baking powder
- Icing sugar, for dusting

STEP 1 Preheat oven to 180°C/160°C fan forced. Grease a 20cm square cake pan and line base and sides with baking paper. Scoop avocado flesh into a large bowl and add lemon juice. Using a potato masher or a fork, mash avocado until very smooth (make sure there are no lumps). Stir in macadamia nuts and chia seeds. Stir in sugar, eggs and vanilla. Mix until well combined.

STEP 2 Place chocolate in a heatproof bowl and microwave in 30 second bursts, stirring with a metal spoon between cooking bursts, until smooth.

STEP 3 Sift cocoa, flour and baking powder over avocado mixture. Add melted chocolate, and using a large metal spoon, gently stir until combined. Pour mixture into the prepared pan. Bake for 35-40 minutes until set around the edges and slightly soft in the centre. Set aside to completely cool in pan. Cut into squares and serve.

Note, store any leftover brownie in an airtight container in the fridge for up to 4 days.