# Avocado Brownie

PREP TIME: 5-10 MINS
COOK TIME: 23-25 MINS

YIELDS: 9 BROWNIE SQUARES

Children's Hospital of Philadelphia®
Culinary Medicine
Recipe by Chef Paige Mountain

## Ingredients

- 1 ripe avocado
- ½ cup plain full-fat Greek yogurt
- ½ cup honey
- ¼ cup melted semi-sweet chocolate
- 1 large egg
- 1 teaspoon vanilla extract
- ½ cup unsweetened cocoa powder
- ½ cup all-purpose flour
- ½ teaspoon baking powder
- ¼ teaspoon salt (sea salt or kosher)
- 2 tablespoons melted butter, unsalted

## Qualities

Texture: Chewy

Rating for Scent : 5/10

Spice Level: 0/10

## Recipe Benefits

- Probiotic source
- Good source of fiber
- Low sodium
- Can be low FODMAP (see recipe tips)
- Can be high calorie

## Nutrition Content (1 square)

Calories: 192kcal
Fat: 8.9g
Fiber: 3.5g
Sodium: 108.1mg
Carbohydrates: 29.7g
Protein: 3.6g
Added sugar: 18.6g

## Directions:

1. Preheat oven to 350F and spray an 8x8 pan (or similar) with nonstick cooking spray.
2. Using a food processor, blend together the avocado and yogurt until completely smooth.
3. Stir in honey, egg, vanilla extract, and melted chocolate.
4. In a separate bowl, combine the cocoa powder, flour, baking powder, and salt.
5. Add the dry mixture to the wet mixture and combine until smooth.
6. Pour into the greased baking dish.
7. Bake in preheated oven for 22-25 minutes.
8. Allow to cool for 20 minutes until cool (don't skip this part as it helps it get fudgey; it gets even more fudgey as it's stored in the refrigerator overnight).

## Chef's Tips:

- Toppings such as nuts or a caramel drizzle can be added as well.
- Store covered in refrigerator.
- Can use egg alternative, such as ¼ cup mashed banana or applesauce with 2 T
- Can use yogurt alternative (such as soy, coconut, almond, cashew) and dairy free margarine
- Can use a gluten free flour blend
- For a low FODMAP option, use lactose-free yogurt, subsitute maple syrup for honey, use a fluten free flour blend