Chocolate Avocado Cream Cups



Serves 8-16

Ingredients

2 ripe avocados

4 tablespoons coconut cream (the hard stuff at the top of the can)

2 tablespoons maple syrup (or more if you prefer sweeter)

¾ cup coconut oil

¾ cup cacao powder

4 tablespoons maple syrup (or more if you prefer sweeter)

¾ teaspoon Himalayan salt

Preparation

1. Using a small blender, puree avocado, coconut cream and maple syrup until silky smooth. Transfer this mixture to a small ziploc bag and set aside in the fridge while you make your chocolate shell.
2. In a medium sized bowl, melt your coconut oil. Now add cacao powder, maple syrup and salt. Whisk together until the mixture is completely lump-free.

Credit

Erin Ireland

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3. Set out your baking (muffin) cups on a flat plate or board (so you can easily transfer your treats into the fridge or freezer). With a spoon, pour a bit of your chocolate mixture into the bottom of each cup – this is the base. Place your cups into the freezer to set.

4. Once firm, add the avocado cream filling by cutting a small hole in one corner of your small ziploc bag – this is your spout. Add as little or as much as you like. Place your cups back into the freezer so the avocado cream firms up.

5. The final step is closing your cups with more chocolate. If your chocolate is getting too thick, zap it in the microwave for ten seconds. With a spoon, pour more chocolate over top of your avocado cream mixture, then place cups back in the fridge or freezer (I prefer freezer so that the avocado cream stays firm – less of a mess to eat).

6. Enjoy! Store in the freezer for up to two months in a freezer-proof container. If you have leftover chocolate or avocado cream, add the chocolate to a treat-smoothie, oatmeal or fruit and try the avocado cream on toast.