

Healthy Avocado Chocolate Cookies

Prep Time: 5 minutes
Cook Time: 8 minutes

Yield: 10 cookies

*NOTES - These cookies are absolutely best when completely cold. Storing them in the fridge over night makes them perfect - * Some people might like a bit more sweetener. I like my cookies bitter. - * Instead of coconut sugar you can use 1/2 cup of honey - * I recently made a batch of these using 1 banana instead of the coconut sugar. The result was great. If using banana instead I highly recommend making the cookies using the food processor method. - CALORIES: I do not usually count my calories for personal reasons, but one reader has calculated them for me: If you sub maple syrup for honey and add one tbsp. oat flour and make ten cookies each one has 75 calories*

Ingredients

- 100 g. (3/4 cup) avocado flesh (very ripe, but not brown)
- 1/2 cup (120mL) coconut sugar (*SEE NOTES)
- 1 egg (FOR VEGAN VERSION SEE BELOW)
- 1/2 cup (120mL) dark cocoa powder
- 50 g. dark chocolate chunks (I used 85% cocoa)
- 1/2 tsp. baking soda

Instructions

1. Preheat oven to 175°C / 350° F.
2. In a bowl using a hand mixer, mix together avocado and coconut sugar until smooth. Add in the egg.
3. Mix in the cocoa powder and baking soda - or better: blend everything together in a food processor, so easy.
4. Stir in chocolate chunks.
5. Using two spoons place dollops of cookie dough in a baking sheet with parchment paper. The cookie won't spread as much as usual cookies when baking, so make sure to flatten them out a bit with the back of the spoon.
6. Bake for 8-10 minutes or until the cookies don't stick as much to the paper as they did before baking.
7. Cool down. Store in an airtight container in the fridge.

<http://sproutedfig.com/healthy-avocado-chocolate-cookies/>