

Chocolate Avocado Toast

submitted by Galinalgnatova

Per serving: 170 Calories • 23.5g Carbs (6.7g Fiber) • 7.8g Fat • 5.4g Protein

Ingredients

Ingredients scaled to: 5 serving

1 fruit **Avocados** (201 grams)

1/3 cup **Cocoa** (28.7 grams)

2 tbsp **Maple syrups** (40 grams)

1 tsp **Vanilla extract** (4.2 grams)

1/4 tsp **Salt** (1.5 grams)

5 slice regular **Multi-grain bread** (130 grams)

Directions

Directions are based on the original recipe of 5 servings

1. In a blender or food processor combine 1 chopped avocado with 1/3 cup cocoa powder, 1/2 cup pure maple syrup, a splash of vanilla extract and a pinch of salt. Blend until smooth, adding water 1 tbsp at a time if needed to reach desired texture.
2. Toast bread. Spread chocolate/avocado onto toast.
3. Enjoy!