

RECIPE FOR

FROM THE KITCHEN OF

Mr.Hutt

SERVES

12

PREP TIME

15 mins

TOTAL TIME

35 mins

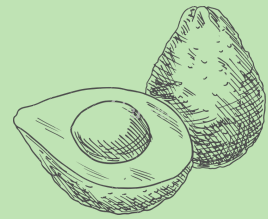
OVEN TEMP

375°F, 190°C

EQUIPMENT NEEDED

2 Mixing bowls
1 small plate
1 Whisk
1 Spatula
1 Cupcake tin
1 Set of measuring cups & spoons
1 Conventional oven
1 Timer
1 Fork
1 Knife
1 Toothpick
12 Muffin Liners

**Chocolate
Avocado
Muffins**



PROVIDED INGREDIENTS

1/2 cup coconut flour
1/3 cup cacao powder
2 tsp baking powder
1/4 tsp salt
1 avocado, mashed
1/2 cup coconut sugar
2 large flax eggs
2 tsp vanilla extract
1/2 cup chocolate cashew
milk
1/3 cup dairy-free mini
chocolate chips

SKILLS NEEDED

- How to use measuring cups
- How to use spoons
- How to use an oven
- Ability to properly follow
provided instructions for a
recipe

INSTRUCTIONS

- Preheat conventional oven at 375F/190C
 - Place muffin liners in muffin tin
 - Combine the following ingredients in a mixing bowl:
1/2 cup of coconut flour, 1/3 cup of cacao or cocoa powder, 2 tsp of baking powder and 1/4 tsp of salt. Using a whisk, make sure ingredients are evenly mixed.
 - Carefully peel the avocado using the knife and lightly smash the avocado using the fork on a small plate until reaching a paste texture
 - Combine the following ingredients in a second mixing bowl:
1 mashed avocado, 1/2 cup of coconut sugar, 2 large flax eggs and 2 tsp of vanilla extract. Make sure ingredients are evenly mixed.
 - Use the spatula, and slowly pour the mix of bowl #1 into bowl #2 while adding the 1/2 cup of chocolate cashew milk
 - Stir the mix until all the ingredients are combined
 - Slowly add 1/3 cup of dairy-free mini chocolate chips and continue stirring the mix.
 - Use the spatula once again, pour the final mix into the muffin liners in muffin tin.
 - Place the muffin tin into the preheated conventional oven for 18 to 22 minutes
 - Check muffins at minute 18 by dipping the toothpick in one of the muffins.
 - Muffins will be ready when no mix crumbs come out in the toothpick.
- Once ready, take muffin tin out of the conventional oven and let cool for 10 minutes.



ALTERNATIVE

ORIGINAL
INGREDIENSTS

SUBSTITUTE
INGREDIENSTS

Coconut flour —————> Almond flour
Buckwheat flour
Chickpea flour

Cocoa powder —————> Carob powder

Avocado —————> Banana
Coconut oil
Nut butter

Coconut sugar —————> Stevia
Honey pure
Maple syrup

INGREDIENTS

ALTERNATIVE

ORIGINAL
INGREDIENSTS

SUBSTITUTE
INGREDIENSTS

Eggs



Flax egg
Applesauce
Mashed banana

Cashew milk



Almond milk
Oat milk
Coconut milk

Dairy-free dark
chocolate mini
chocolate chips



Cacao nibs

INGREDIENTS