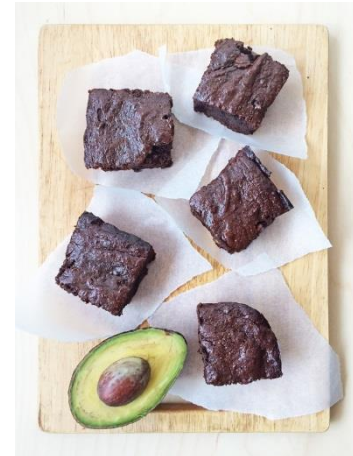


Chocolate Avocado Banana Slice

Ingredients

- 1 cup of dates (no seeds)
- 7 tbsp olive oil
- ½ cup of walnuts
- 3-4 avocados
- 1-2 bananas (or can swap for zest of 1 orange, for jaffa flavour)
- 150g chocolate powder (e.g. Milo, drinking chocolate or cacao powder)
- 4 tbsp of honey



Method

1. Line a baking tray with baking paper.
2. Place dates and 2 tbsp olive oil in a food processor. Process until they form a paste. Add walnuts and process until combined.
3. Transfer mixture to prepared tin and smooth out to form base of slice.
4. Process avocado, banana, remaining olive oil, chocolate powder (Milo is a great source of iron) and honey until smooth and combined well.
5. Transfer mixture to tin and spread over base.
6. Optional - sprinkle with rolled oats, icing sugar or desiccated coconut to garnish.
7. Place tin in the fridge for 2 hours to set.
8. Cut into small slices to serve. Enjoy 😊

Variations:

Rather than banana or orange zest, you can also swap for strawberries, peppermint essence or stir through some trail mix or choc chips for a bit extra “crunch factor”

Recipe adapted from:

- *Raw Chocolate Avocado Slice.* Available from: <https://bondiharvest.com/portfolio/raw-chocolate-avocado-slice/>
- *Fudgy Avocado Brownies.* Available from: <http://wholeheartedlyhealthy.com/2014/02/recipe-fudgy-avocado-brownies.html>