



Chocolate Avocado Cupcakes

from An Avocado A Day

INGREDIENTS

1 1/4 cups all-purpose flour
1 cup sugar
1/2 cup unsweetened cocoa powder
1 tsp baking soda
1/2 tsp salt
1 cup warm water
1/2 cup avocado
1 tsp vanilla extract
1 tsp distilled white or apple cider vinegar

FOR THE FROSTING:

1 1/2 cups powdered sugar, sifted
1/2 cup avocado
3 tbsp unsweetened cocoa powder, sifted
1 tsp vanilla extract
1/2 tsp salt
1 to 2 tbsp coconut oil

DIRECTIONS:

- 1) Preheat the oven to 350°F
- 2) Line a 12-cup cupcake tin with paper liners, and set aside
- 3) In a medium bowl, whisk together the flour, sugar, cocoa powder, baking soda, and salt. Set aside.



Prep Time: 20 minutes

Cook Time: 30 minutes

Total Time: 2 hours 50 minutes

Serves: 12

- 4) Using a blender, puree the water, avocado, vanilla, and vinegar until smooth. Fold the avocado mixture into the dry mixture until thoroughly combined
- 5) Pour the batter evenly among the prepared cupcake tins and bake for 25-30 minutes or until a knife inserted in the center comes out clean.
- 6) Let the cupcakes cool completely before frosting and serving (about 2 hours)
- 7) While the cupcakes are cooling, make the frosting. In a blender, blend the powdered sugar, avocado, cocoa powder, vanilla, and salt, scraping down the sides occasionally, until you have a thick and creamy frosting.
- 8) Spread the frosting on the cupcakes and serve immediately.