



Natural Life
Choices,™ Inc.

CHOCOLATE CAKE WITH AVOCADO



INGREDIENTS:

Cream:

- » 2 ripe soft avocados
- » 2 ripe big bananas
- » ½ cup of bitter cocoa
- » A little bit of plant- based milk

Bottom of the cake:

- » ½ cup of walnuts
- » ½ cup of cashews
- » 1 table spoon melted coconut oil
- » 8 dates



PREPARATION:

Blend walnuts and cashews into the flour and add soaked dates and melted coconut oil. Mix all together and put into form. It makes the bottom of the cake.

Mix avocados, bananas, cocoa and a little bit of plant- based milk until everything is creamy. Put on the top of previously prepared bottom of the cake. Then put to the refrigerator for couple hours.

Bon Appetite!

"I have the strength for everything through him who empowers me." (Philippians 4:13)