

CHOCOLATE AVOCADO PIE

If you like, skip the crust and just make the filling as chocolate pudding!

Crust:

In a food processor fitted with an "S" blade, mix until crumbly:

- 1 cup macadamia nuts
- 1 cup shredded coconut flakes
- 1/4 cup (4) pitted and chopped medjool dates
- Pinch of dried sea salt

Press into a pie plate and set aside.

Filling:

Clean the food processor and the "S" blade and then add:

- 3-4 medium ripe avocados, diced
- 1/2 cup (or to taste) maple syrup or honey or coconut sweetener
- 5 tablespoons raw cacao powder or cocoa powder
- 1 teaspoon cinnamon
- 1 tablespoon vanilla extract
- Pinch of celtic sea salt

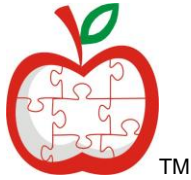
1. Blend well to ensure no chunks remain. (Note: if the avocados are not fully ripe, this will be harder to achieve.)
2. Spread pudding evenly in crust and freeze or refrigerate.
3. For best flavour, remove from freezer and let stand 30 minutes before serving.
4. Seal uneaten portion in an air-tight container in the freezer.

Reference: www.giddyoyo.com

1 Serving = 2 Carbs + 1/4 Protein + 6 Fats*

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
	Serv. size 1/8 of a slice (156g) Servings 8 Calories 407 Fat Cal. 266 * Percent Daily Values (DV) are based on a 2,000 calorie diet.	Total Fat 30g	45%	Total Carb. 39g
Sat. Fat 7g		35%	Fiber 10g	40%
Trans fats 0g			Sugars 25g	
Cholest. 0mg		0%	Protein 4g	
Sodium 60mg		2%		
Vitamin A 4%		Vitamin C 15%	Calcium 6%	Iron 10%

**Don't let the number of fat servings scare you! Use this to satisfy chocolate cravings or to eat when you can feel yourself "searching" for something to eat and nothing seems to satisfy you.*



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Two Types



HASS AVOCADO

- Rich & buttery with a creamy texture and a sweet, nutty flavour
- Best variety to use for guacamole; turns a bit mushy in salads
- Skin is dark and pebbly and turns almost black when it is ripe
- Smaller and creamier than the Florida Avocado
- Available year round; peak season is February - October



FUERTE AVOCADO (FLORIDA AVOCADO)

- Nicknamed the *alligator pear*
- Sweeter, lighter and moister than most California avocados
- Smooth, green skin
- Available mid-June to mid-March

Selection & Storage

Avocados ripen best off of the tree. The best way to tell if an avocado is ready for immediate use is to gently squeeze the fruit in the palm of your hand. Ripe, ready-to-eat fruit will be firm yet will yield to gentle pressure. Avoid extremely soft fruit or fruit with dark blemishes on the skin. If you plan to serve the fruit in a few days, purchase unripened fruit. To ripen an avocado, place the fruit in a plain brown paper bag and store at room temperature 65-75° until ready to eat (usually two to five days). Include an apple or banana in the bag to accelerate the ripening process. Apples and bananas give off ethylene gas, which is a ripening agent. Ripe fruit can be stored in the refrigerator uncut for two to three days. To store cut fruit, sprinkle it with lemon or lime juice and place in an air-tight container in your refrigerator. Keeping the pit in the dip or avocado half during storage also helps to prevent discoloration. If refrigerated guacamole turns brown during storage, discard the top layer. Pureed avocados freeze very well and can be used in salads, sandwiches and dips.

How to Peel an Avocado

1. Start with a ripe avocado and cut it lengthwise around the seed.
2. Rotate the halves to separate.
3. Remove the seed by sliding the tip of a spoon gently underneath it and lifting it out.
4. Peel the fruit by placing the cut side down and removing the skin with a knife or your fingers, starting at the small end, or simply scoop out the avocado meat with a spoon.

Nutritional Benefits

- **Rich in healthy fats** - keeps skin soft and protects skin against sunburn damage
 - Monounsaturated Fats (63%) - associated to good heart health
 - Polyunsaturated Fats (12%) – very desirable
 - Omega 6 Essential Fatty Acids (11%) – required to regulate the immune system
 - Saturated Fats (14%) – not as desirable
- **Good source of fat-soluble Vitamin E** - keeps skin elastic and smooth; is particularly helpful in reducing scarring from wounds and irritation due to eczema
- **Contains powerful antioxidant lutein** - helps to protect the eyes
- **Contains beta-sitosterol** - a cancer-protective chemical
- **Contains 975 mg Potassium – a high-sodium diet with low potassium intake can increase blood pressure**

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