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Make This Tasty Chocolate Cake With Avocado Instead Of Eggs And Butter

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When we think about dessert, most of us think about cake and without doubt, chocolate cake is one of the most popular desserts of all times. Though its recipe has remained almost the same throughout the years, you should know that you can still enjoy healthy chocolate cake without having to use eggs and butter. Instead of this, you use the healthy and amazing avocado.

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Once you try this cake, you will never go back to the old recipe, believe us! This is also a suitable option for people who follow a vegan diet or those who are avoiding eggs and butter.

Come on; let us check out the recipe together…

Yummy Vegan Avocado Chocolate Cake

You will need the following ingredients:

3 cups of all-purpose flour

5 tbsp of cocoa powder

2 tsp of baking powder

2 tsp of baking soda

½ tsp of kosher salt

¼ cup of avocado or coconut oil

One avocado, mashed

2 cups of water

2 tbsp of white vinegar

2 tsp of vanilla extract

2 cups of coconut or raw cane sugar

For the frosting, you will need:

2 mashed avocados

2 cups of confectioner's sugar

5 tbsp of chocolate cocoa powder

Preparation:

First, preheat your oven to 350 degrees and in the meantime, grease and flour 2, 9-inch cake pans. In a bowl, whisk the flour, cocoa powder, baking powder, baking soda, and salt. In a different bowl, whisk the canola, avocado oil, avocado, white vinegar, and water for the frosting. Add the sugar after everything is mixed. Combine the second into the first mix. Combine everything together until you get a smooth blend.

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Now, divide the batter evenly into both pans. Put them in the oven and bake for half an hour. Check them to see if they are done. Wait for the cakes to cool down in the pans for 15 minutes before you remove them. Once cooled down, add one layer of frosting to the first cake and put the second cake on top. Apply the remaining frosting.

Serve and enjoy your healthy chocolate cake!

Sources:

THE HEARTY SOUL

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