

The ultimate chocolate & avocado torte

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Treat your guests to this delicious chocolate and avocado torte at your next dinner party.

Ingredients (serves 12)

Base

- 150 g desiccated coconut
- 150 g macadamia nuts (lightly toasted)
- 1 tsp ground cinnamon
- 150 g pitted dates

Topping

- 2 avocados
- 1 banana
- 15 ml vanilla extract
- 150 g cocoa powder
- 120 ml maple syrup

Method

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In a food processor, combine the coconut, macadamia nuts, cinnamon and dates.

Process until the mixture combines, then press firmly into the bottom of a lined 20-centimetre spring-form baking tin.

In the same processor, combine the avocado, banana, vanilla, cocoa and maple syrup. Process until smooth and creamy.

Spoon over the base then refrigerate for 2 hours or until it firms up.

Remove from the tin and serve with chocolate sauce or raspberry coulis, garnish with fresh strawberries/raspberries.

NOTE: This torte is gluten free, wheat free, dairy free and suitable for vegans. You can also remove the base and serve as a mousse. Or, try spooning the avocado/chocolate mixture into an ice-cream machine to make chocolate and avocado ice-cream.

Food photography and recipes: [Australian Avocados](#).

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