



ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts
Low disaccharides

Prep time: 10 mins

Cook time: Nil

Makes: 2-3 cups

INGREDIENTS

- 2-3 ripe avocados
- 1 cup natvia or glucose powder
- juice of half small lemon
- 1 tbsp vanilla essence
- Pinch salt
- 1/2 cup cacao powder



METHOD

- In food processor, blend natvia until fine powder.
- Add avocado, lemon juice, vanilla essence and salt.
- Blend until smooth and creamy.
- Sift in cacao powder, and blend until thoroughly combined and smooth.
- Scrape sides down and blend again.
- Mixture should be spreadable, but if too thick, 1 tsp water at a time can be added.
- Ready to spread over any cake now, but check out my [**Black Forest Cake.**](#)