

GreenSpirit



Chocolate Velvet Sauce

1 avocado, peeled and seeded
¼ cup raw cacao powder, or carob powder
¼ cup raw agave nectar
½ teaspoon vanilla extract
1/8 teaspoon cinnamon
2 tablespoons plus ½ cup water

Combine the avocado, cacao or carob powder, agave nectar, vanilla extract, cinnamon and 2 tablespoons water in a food processor outfitted with the “S” blade, and process until smooth.

Add the remaining ½ cup water and process again until well blended. The more water you add, the thinner your sauce will be.

Store in a sealed glass container in the refrigerator for up to one week.

Variations:

For a chocolate frosting, do not add the remaining ½ cup of water.

For frozen fudge bars, freeze in Popsicle trays.

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