



## Mint Avocado Melt Aways

Unlike the avocado pudding posted earlier this one you CAN taste the avocado, however it's not overly strong and the chocolate pairing with it is really yummy. These are very easy to make though and you can make as many or as little as you wish!

### Ingredients:

- 2 ripe avocados
- 1-2 large ripe bananas
- 1 bag Chocolate Chips or broken dark chocolate
- 1/4-1/2 tsp mint extract

### Instructions:

- Puree avocados and banana.
- Pour into an 8x8 pan and place in freezer until solid.
- Remove from pan and cut into desired shapes and sizes.
- Place back into freezer.
- In a double boiler, melt chocolate chips.
- Dip frozen bites in chocolate and allow to dry on a baking sheet lined with parchment paper. (Make sure you cubes are frozen solid or else they will melt and fall apart in the chocolate. See notes.)
- Enjoy now or freeze for later.

**NOTE:** Allow the cubes to completely freeze before you start covering with chocolate. I suggest only taking a handful out of the freezer at a time for dipping or else risk the mess. The avocado will end up melting as you dip in the chocolate and small parts of avocado will be deposited.

About half way through, the chocolate will thicken up due to the fiber and pectin naturally found in both the banana and avocado. Long story short, it will make an excellent fudge but you won't be able to use the chocolate to finish the bites.

I highly suggest just pouring the chocolate over the cubes. Place cubes on a cooking rack with a baking sheet under to catch excess chocolate. Then place the cubes on a parchment lined baking sheet to allow the chocolate to firm up.

**Enjoy!**