

Avocado Icing

From the kitchen of [Dr. Barrett](#)



If you need to make a sweet treat for a birthday or special occasion but want to make it a little healthier, try avocado icing! I recently made this icing for a birthday party and it was a hit! This icing is so rich and creamy plus it is packed full of good fats, B vitamins, potassium and more!

For chocolate icing (makes about 1 cup)

Ingredients:

- 1 avocado
- Sweetener- can use honey, powdered sugar, molasses, whatever you are comfortable using.
- 1/2 cup cocoa powder
- 1 TBS vanilla extract
- 1 pinch of salt

For vanilla icing (this will be green and also makes about 1 cup)

Ingredients:

- 1 avocado
- Sweetener- again can use any sweetener but without cocoa powder I recommend using powdered sugar to get the right consistency.
- 1 TBS softened butter
- 1 TBS vanilla extract
- pinch of salt

For this icing you want to mash the avocado as best you can. Try to get rid of any little chunks of avocado. Then add the rest of the ingredients and use a mixer to blend. For sugar I recommend adding a little at a time and tasting as you go to get to the desired sweetness. If you want a nice thick fudge icing try adding very little sweetener. For the vanilla icing I recommend using powdered sugar because the powder helps turn the avocado into an icing consistency.