



GOLDEN DOOR®

CHOCOLATE AVOCADO GANACHE

SERVES 20

SERVING SIZE 1 TABLESPOON

INGREDIENTS

5 ounces dark chocolate (60-72%)
cut into pieces

1 avocado (peeled and diced)

OPTIONAL FOR GARNISH

Mint leaves

Berries

METHOD

In the top of a double boiler, melt chocolate over medium heat. Do not mix chocolate with water. Let cool slightly. Alternatively, if you do not have a double boiler, add chocolate to a metal bowl placed over a saucepan filled about 1/3 with water and heat water to medium heat and allow chocolate to melt while stirring occasionally.

In food processor, blend chocolate with avocado until smooth.

Remove and place in bowl. Cover and refrigerate at least 1-2 hours.

Remove from refrigerator and with a small melon ball size scoop or large Tablespoon, scoop mixture onto serving plate.

Garnish with mint leaves and/or berries.

Nutrition Per Tablespoon: 60 calories, 1 grams protein, 5 grams carbohydrate, 5 grams fat, 2 gram saturated fat, 0 mg cholesterol, 0 mg sodium, 39 mg potassium, 2 grams sugar, 1 gram dietary fiber