

## CHOCOLATE AND AVOCADO WHIP SERVED ON A SEED BAR BASE



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- Sub Category Name  
Food  
Desserts
- Recipe Source Name  
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### Ingredients

#### CHOCOLATE AND AVOCADO WHIP SERVED ON A SEED BAR BASE

- 100g Couverture, melted
- 100g avocado, mashed and passed through a fine sieve
- Chilli oil, few drops

#### Seed Bar Base

- 150g honey
- 100g cocoa butter
- Vanilla essence
- 100g sesame seeds
- 100g sunflower seeds
- 70g pumpkin seeds



- 30g sliced almonds
- 70g dried apricots, diced
- 70g raisins
- 30g pistachio nuts, chopped
- 30g dried cranberries
- 100g coconut thread

## Methods and Directions

### CHOCOLATE AND AVOCADO WHIP SERVED ON A SEED BAR BASE

- Whip the melted Couverture through the sieved avocado with a little chilli oil to taste.
- Pipe quiffs of the whip onto the seed bar base.
- Garnish with edible flowers.

### Seed Bar Base

- Melt honey and cocoa butter together over a low heat. Add vanilla essence to honey mixture.
- Mix all remaining ingredients together.
- Fold honey mixture through seed mix combining well.
- Press into slice tray to ½ cm thick, roll over the top with a rolling pin to compress well and give a clean finish. Cut into disc with round cutter.

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