

Healthy Avocado Chocolate Pie with Chocolate Shavings

Ingredients:

Crust (Gluten-Free + Optional)

- 1 ½ cups almond flour (or crushed nuts of choice)
- 2 tbsp coconut oil, melted
- 1 tbsp maple syrup or honey
- Pinch of Celtic salt

Filling

- 2 ripe avocados
- ¼ cup raw or unsweetened cocoa powder (Optional for chocolate avocado pie)
- ¼ cup pure maple syrup or honey (adjust to taste)
- 2–3 tbsp coconut milk or almond milk
- 1 tsp vanilla extract
- Pinch of Celtic salt
- Optional: ¼ tsp cinnamon or espresso powder for depth

Topping

1 oz dark chocolate (85%+), shaved or grated or cocoa powder

Optional: crushed pistachios, cacao nibs, or sea salt flakes

Instructions:

Make the Crust

- Preheat oven to 350°F (175°C).
- Mix almond flour, coconut oil, sweetener, and salt in a bowl until it forms a dough.
- Press into a pie dish or tart pan evenly.
- Bake for **8–10 minutes**, or until slightly golden. Let cool completely.

Prepare the Filling

- In a food processor or high-speed blender, combine avocados, cacao powder, maple syrup, milk, vanilla, and salt.
- Blend until completely smooth and creamy. Adjust sweetness if needed.

Assemble the Pie

- Spoon the avocado chocolate filling into the cooled crust.
- Smooth the top with a spatula.

Chill & Top

- Refrigerate for at least **2 hours** (or overnight) until set.
- Before serving, shave dark chocolate on top using a vegetable peeler or grater. Add any extra toppings you like.

Tips:

This pie is **dairy-free**, **gluten-free**, and **refined sugar-free**.

Serve chilled with coconut whipped cream for extra wow.

Great for summer parties or a healthy retreat dessert.