

# Avocado and Hemp Seed Icing

7 ingredients · 10 minutes · 12 servings



## Directions

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1. Dice up avocado and place it into a food processor.
2. Add in coconut oil (not melted), maple syrup and/or honey, vanilla, hemp seeds and sea salt.
3. Process until nice and smooth. Use to top your favorite brownies, cake or cupcakes.
4. To make a pudding or mousse - blend in almond or coconut milk until desired texture is achieved. You can also add in some collagen protein powder to increase the protein content.

## Notes

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### Cake Size

This recipe (12 servings) is enough for a square 8x8 cake. Double the recipe if you are making a larger cake.

### Make a Pudding or Mousse

To make a pudding or mousse - blend in almond or coconut milk until desired texture is achieved. You can also add in some collagen protein powder to increase the protein content.

## Ingredients

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- 1 Avocado
- 3 1/2 tbsps Coconut Oil
- 1/4 cup Cacao Powder
- 3 tbsps Raw Honey Or Maple Syrup (or a combination of the two. Honey makes it more creamy and easier to spread - you can add more to taste)
- 3 tbsps Hemp Seeds
- 1/2 tsp Pure Vanilla Extract (can add more to taste)
- 1 pinch Sea Salt