

Cleo Coyle's Chocolate Fudge Avocado Frosting

Photos and text © by Alice Alfonsi who writes [The Coffeehouse Mysteries](#) as [Cleo Coyle](#) in collaboration with her husband, Marc Cerasini.

This "buttercream" frosting has no butter or cream, yet it tastes like a chocolate fudge dream. So what's the mystery ingredient to this frosting? It's one that vegans and vegetarians may have guessed by now... avocado. There are many good reasons to consider replacing the butter in your chocolate frosting with avocados: Less calories for one. Avocados will lighten up your frosting by reducing calories and fat. They're also better for you. You'll find 20 essential nutrients in avocados, including fiber, potassium, Vitamin E, B-vitamins and folic acid. (*Source: [CA Avocado Commission](#).) My Coffeehouse Mystery readers may recognize this bonus recipe from [A Brew to a Kill](#), in which my amateur sleuth (Clare Cosi) employs a dietitian to help her lighten up some of the items on her coffeehouse menu. Does the dietitian die? You'll have to read the book to find out. As for the **Black Bean Brownies** in my photos, you can get that recipe now by [clicking here](#). To see more of my recipes from [A Brew to a Kill](#), [click here](#), and read with joy! ~ Cleo

For every 1 cup of frosting, you will need...

Ingredients:

1/2 cup mashed [Hass](#) (aka Haas) avocado (1 medium or 2 small)
1/2 cup natural, unsweetened cocoa powder
1-1/2 cups powdered sugar (aka confectioners' sugar)
1 teaspoon pure vanilla extract
Pinch of salt

Directions: Cut, pit, and scoop the flesh out of a ripe avocado.

NOTE #1 on the avocado's ripeness : The avocado should not be over-ripe. Do not use avocado flesh that is brown, bruised, or mottled. Conversely, do not use flesh that is under-ripe and hard. For visual tips on choosing a perfectly ripe avocado with soft, green flesh; and tips on ripening an avocado (or a banana) that is still too green and hard, click [here](#).



Free Recipe Guide to
Cleo's new culinary mystery
Shot in the Dark:
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Need some additional tips on properly cutting open, pitting, and slicing an avocado? Just [click here](#).

Mash the avocado with a fork or puree it in a blender or food processor until the flesh is completely smooth and without even small chunks or lumps. It's important to be sure you've pureed it well. You'll need 1/2 cup of this so measure it out. If it comes up short, your avocado was too small and you'll need to process another.

Place the 1/2 cup avocado, 1/2 cup cocoa powder, 1-1/2 cups powdered sugar, 1 teaspoon pure vanilla extract, and pinch of salt into a bowl. Using an electric mixer, beat the ingredients.

At first, the mixture will seem very dry and powdery but *continue beating* the ingredients. **DO NOT ADD LIQUID**. As you beat the mixture, the avocado will penetrate and moisten the dry ingredients until, almost magically, a silky smooth chocolate frosting forms.

NOTE #2: If you live in a very dry climate, and the frosting is too dry after a reasonable amount of beating, then add a very small amount of liquid (1 teaspoon at a time). What liquid you use is your choice--try milk or coffee or you can add a touch more vanilla and even complement the vanilla by using another extract such as almond, hazelnut or rum.

Avocado Frosting FAQs...

*** Q. Will I taste avocado?**

A. No. This is a delicious, chocolate fudge frosting that closely resembles chocolate buttercream in flavor and texture. If you properly puree the avocado making sure there are absolutely no clumps or lumps and follow the recipe directions, you will not taste avocado.

*** Q. Can I use another kind of avocado?**

A. I would not. I use [Hass](#) avocados because they are richer and creamier than [Florida avocados](#). I'd stick with Hass.

Q. How much frosting will I need for my cakes, cupcakes, brownies?

A. This recipe will make **1 cup of icing**, which will frost...

- 1 pan of brownies, including my [Black Bean Brownies](#) (those are the brownies you see in my photos today) or
- 12 cupcakes or the top of a 13 x 9-inch sheet cake.
- To frost a 2-layer cake, double or even *triple* this recipe



Q. Can I make a glaze instead of a frosting?

A. Yes! And here's how I do it...

CHOCOLATE BUTTERCREAM

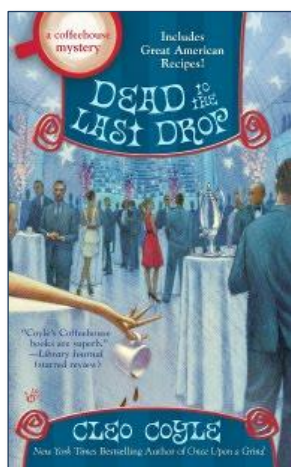
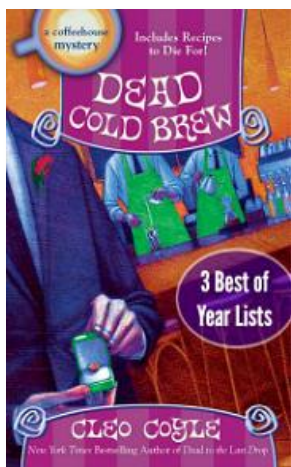
First, let me assure you that the buttercream version of this recipe produces a thick, smooth icing, like a typical chocolate frosting (*as in my photo to the right*)...



MAKING CHOCOLATE GLAZE

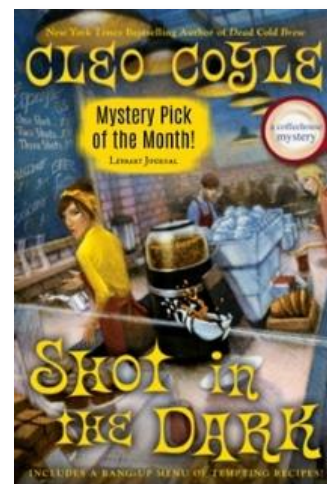
For a looser chocolate glaze (*like the one in my photo to the left*), simply add more liquid to the frosting until you get the consistency you like. Start with 1 tablespoon of milk or coffee or rum or a liqueur (e.g. Kahlua, Amaretto, a chocolate liqueur). Add more if needed to reach the glazing consistency you like, and...

Eat with joy! —Cleo



The [Coffeehouse Mysteries](#) are bestselling culinary mysteries, set in a landmark Greenwich Village coffeehouse. Each includes the added bonus of recipes. To learn more and see more recipes, visit Cleo Coyle's online coffeehouse at www.CoffeehouseMystery.com

And her recipe blog at www.CleoCoyleRecipes.com



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