

Avocado Loaf (THM S)

8 servings

Ingredients:

- 2 ripe avocados
- 3/4-1 cup THM Gentle Sweet or Truvia (depending on how sweet you like things)
- 3 Eggs
- 1 tsp Vanilla Extract
- 1 cup THM Baking Blend (or equal parts coconut flour, almond flour, and ground flax)
- 1/4 cup Integral Collagen
- 1 1/2 tsp Baking Powder
- 1 pinch of mineral salt
- Optional: 1/4-1/2 cup of on plan chocolate chips

Directions:

Preheat oven to 350 degrees and grease a loaf tin.

In a mixing bowl, cream together avocado and sweetener. Add in eggs and vanilla and mix well.

In a separate bowl, combine THM Baking Blend, Collagen, baking powder, and salt. Slowly fold the dry into the wet ingredients until well combined. Fold in the chocolate chips too, if adding.

Bake for 35-40 minutes. Allow to fully cool before cutting into slices.

Notes:

I always find gluten free treats taste better after spending the night in the fridge. If you don't like it fresh out of the oven, put it in the fridge for a night and see if you like it then!