

= Avocado cake =

Avocado cake is a cake prepared using avocado as a primary ingredient , together with other typical cake ingredients . The avocados may be mashed , and may be used as an ingredient in cake batter , in cake toppings and alone atop a cake . Cake variations include raw avocado cake , avocado brownies and avocado cheesecake . Raw , uncooked versions of avocado cake can be high in vitamin E and essential fatty acids , which are derived from avocado . Avocado @-@ based cake toppings include avocado fool and avocado crazy .

= = Overview = =

Avocado is a main ingredient in avocado cake , along with other typical cake ingredients . Various varieties of avocados may be used . Avocado cake may have a subtle avocado flavor imbued in the dish . Mashed avocado may be used as an ingredient in the batter and in cake frostings and toppings . Sliced avocado may be used to top or garnish it , as may other ingredients such as the zest of citrus fruits .

Additional ingredients used may include yogurt , buttermilk , raisins , dates , walnuts , hazelnuts , allspice , cinnamon and nutmeg among others . Lemon juice may be used on the avocado to prevent browning from occurring . Avocado cake can be prepared as a vegetarian and vegan dish . Chocolate cake and pancakes may be prepared with avocado as an ingredient in the batter .

= = Variations = =

= = = Raw avocado cake = = =

Avocado cake may be prepared as an uncooked cake using raw avocados and other raw ingredients , which are blended together into a smooth consistency and then chilled . A food processor may be used to blend the ingredients . Raw avocado cake prepared with a significant amount of avocado may contain substantial amounts of vitamin E and essential fatty acids , which are derived from avocado .

= = = Avocado brownies = = =

Avocado brownies are brownies prepared using avocado as a primary ingredient . The use of overripe avocados may contribute to the gooey , fudge @-@ like consistency of the dish . Black beans may be used in the dish , and may be used in the place of flour .

= = = Avocado cheesecake = = =

Avocado cheesecake is a style of cheesecake prepared using avocado as a main ingredient . Raw avocados may be used in its preparation , and it may have a creamy texture and consistency . Avocado cheesecake was featured in an episode of the television show MasterChef in March 2015 .

= = Avocado @-@ based cake toppings = =

Avocado cakes may be topped with an avocado @-@ based fool . A fool is a pressed fruit mixture or fruit purée that is mixed with cream or custard . The term " fool " in this context dates to the 16th century , and was also a synonym for " a trifling thing of small consequence . "

Some milk sponge cakes may be topped with avocado crazy , a food in Sri Lankan cuisine . Avocado crazy may be prepared with avocado , cream , sugar and lemon juice . Rum may also be added . Avocado crazy may have a creamy texture and flavor .

