

Avocado Spice Bread (or what to do with overripe avocado)



We use a lot of avocados in the Key Lime Pie at my commercial kitchen. Sometimes we get bad ones, and sometimes the unripe avos just don't ripen well and we're left with fruits that are partially green and partially brown and stringy. We used to throw them away because we didn't know what else to do with them, but one day, my mama, who works with me quite a bit at the kitchen, decided to bring them all home and try to make something out of them. What she came up with is this delightful spice bread that is both moist and flavorful.

Avocado Spice Bread

3-4 overripe avocados, mashed
2 C raw cane sugar, sucanat, or coconut sugar
4 farm eggs
¼ C extra virgin olive oil
¼ C coconut oil
¼ C water
2 tsp. baking soda
1 ½ tsp pumpkin pie spice
1 ½ tsp. cinnamon
1 ½ tsp. salt
3 C whole wheat flour

Preheat oven to 350 degrees. In a mixing bowl, combine avocados, sugar, eggs, oils and water. Mix until everything is well incorporated and smooth. In another bowl, combine the rest of the ingredients and stir. Gently mix the dry ingredients into the wet ingredients, being careful not to overmix. Pour the batter into two loaf pans and bake in the oven for 45 - 60 minutes, until the loaf is browned and it springs back to the touch.

what's healing about this recipe:

Avocados are high in vitamin K, which is essential for blood clotting and other normal blood actions when there is a wound or cut that needs to be healed by the body. Avocados are also a great source of vitamin C, which helps the body to form collagen, a necessary component for the health of skin and blood vessels.

visit me at www.melissachappell.com

a gentler and happier approach to health

Avocado Spice Bread (or what to do with overripe avocado)

Avocados are also very high in monounsaturated fatty acids, which are not only good for you, but are also necessary for carrying the fat soluble vitamins, D, A, K, and E (I always remember these by saying them in a word: "Dake.") to the areas of the body that need them most.

Cinnamon is an excellent food for helping to maintain blood sugar levels, which makes it a wonderful accompaniment to those foods that contain sweeteners of any kind. Many people report it helps with hypoglycemia issues if they eat it every morning.

I hope you enjoy this Avocado Spice Bread recipe! It is very healing! We enjoyed ours with a little spread of organic butter. You can eat it plain or spread a little coconut oil or almond butter on it, as well.

author: melissa chappell

visit me at www.melissachappell.com

a gentler and happier approach to health