

# Avocado and Lime Bars Recipe

by:Tereza Alabanda,*The Pastry Maestra*

Prep. time : 15 minutes

Cook time : 0 minutes

Ready in 15 minutes plus cooling

Level : Basic

## For the Base:

- Rolled oats 30g (1/4 cup)
- Almonds 60g (1/2 cup)
- Dried apricots 60g (1/2 cup)
- Cocoa butter, melted 8g (1Tbsp)
- Water 20g (2Tbsp)

## For the Cream:

- Avocado flesh 300g (10oz or 2 medium sized avocados)
- Lime juice 100g (1/2 cup)
- Zest of 2 limes
- Agave syrup 120g (3/4 cup)
- Cocoa butter, melted 80g (3/4 cup)

## Directions

1. Soak dried apricots in cold water for a couple of hours.
2. Line 15cmx15cm (6"×6") baking pan with parchment paper.
3. Place rolled oats and almonds into a food processor and pulse until they are roughly chopped. Add soaked and drained apricots and pulse again. Add melted

cocoa butter and water and pulse couple of more times. Press the mixture into the bottom of the prepared pan and put in a freezer to set.

4. Blend avocado flesh, lime juice, lime zest, agave syrup and melted cocoa butter in a blender thoroughly, until the mixture becomes smooth and creamy.
5. Pour the cream over the base and spread it with spatula.
6. Leave the bars in the refrigerator overnight or freeze them for a couple of hours.