



CREAMY CHOCOLATE AND AVOCADO WITH CARAMELIZED SESAME



Preparation time
30min



Total time
40min



Portions
2



Difficulty
easy

INGREDIENTS

- 2 Aurum avocados
- 50 g dark chocolate
- 50 g cocoa powder
- 5 g vanilla extract
- 65 g maple syrup
- 1 g salt
- 20 ml whole milk
- 30 g brown sugar
- 20 g sesame seeds
- 2 mint leaves
- 5 ml EVOO
- Fleur de sel C

PREPARATION

1. Halve the avocados and remove the pit. Using a spoon, remove both avocado halves.
2. Cut the avocado and dark chocolate into chunks.
3. In a blender, combine all the ingredients for the cream and blend until smooth.
4. Melt the brown sugar with a little water in a small saucepan and add the sesame seeds.
5. Cook until the sesame seeds caramelize.
6. Place the cream on a plate in the shape of a volcano and add the EVOO in the center. Sprinkle the caramelized sesame seeds around the edges and top with fleur de sel and mint leaves.