



## Cacennau Cwpan Siocled Tywyll Dwyfol ac Afocado

### Cynhwysion

#### Ar gyfer cymysgedd y gacen

200g Siocled Tywyll Dwyfol  
200g menynd heb ei halltu, meddal iawn  
200g Siwgr mân Masnach Deg  
4 wy fuarth mawr, ar dymheredd ystafell  
100ml hufen sur  
200g blawd codi

#### Ar gyfer y topin

2 gwpan cnawd afocado aeddfed iawn (defnyddiwch yr un fwyaf aeddfed allwch ddod o hyd iddo cyn i'r cnawd troi'n frown - torrwrch allan unrhyw ddarnau brown)  
1 cwpan a hanner o siwgr eisin Masnach Deg Tate & Lyle  
1 llwy de a hanner o sudd lemon

### Hambwrdd myffin 12 twll wedi'i leinio gyda chasys papur myffin

1. Cynheswch y ffwrn i 180 canradd / 350 Fahrenheit / marc nwy 4
2. Torrwrch y siocled yn ddarnau a'i doddi'n ysgafn. Tynnwch y fowlen o'r gwres a'i adael i oeri. Rhowch y menynd a'r siwgr mewn cymysgydd bwyd a'i guro nes yn ysgafn a hufennog.
3. Curwch yr wyau fewn un ar y tro, eu curo'n dda ar ôl pob ychwanegiad. Trowch yr hufen sur i mewn ar gyflymder isel, ac yna'r blawd, ac yn olaf y siocled wedi'i doddi, gan gymysgu'n ysgafn nes iddo gyfuno'n drylwyr.
4. Rhowch y cymysgedd i i'r casys myffin a'u pobi am 25 munud nes eu bod yn gadarn i'r cyffyrddiad.
5. Tynnwch y myffins o'r tun a'u gadael i oeri ar rac weiar.
6. Yn y cyfamser gwnewch y topin: gan ddefnyddio cymysgydd llaw, cymysgwch yr afocado â'r sudd lemon nes i chi gyflawni cysondeb llyfn, gan weithio allan unrhyw lymphiau. Cymysgwch y siwgr eisin yn araf, gan gynyddu cyflymder y cymysgydd wrth fynd ymlaen (gallwch ychwanegu mwy neu lai o siwgr i gyflawni cysondeb a blas yr ydych chi'n ei hoffi).
7. Taenwch dros y cacennau wedi'u hoeri. Gan ddefnyddio teclyn tynnu croen lemon, crëwch naddion siocled tywyll a thaenellu rhai ar yr eisin a thopio gyda chneuen Ffrengig wedi'i dostio.

## Divine Dark Chocolate and Avocado Cupcakes

### Ingredients

#### For the cake mixture

200g Divine Dar Chocolate  
200g unsalted butter, very soft  
200g Fairtrade caster sugar  
4 large free range eggs, at room temperature  
100ml sour cream  
200g self-raising flour

#### For the topping

2 cups very ripe avocado flesh (use the ripest you can find before the flesh has turned brown – cut out any brown bits)  
1 and a half cups Tate and Lyle Fairtrade icing sugar  
1 and a half tsp lemon juice

### 12 hole muffin tray lined with paper muffin cases

1. Preheat the oven to 180 centigrade/350 fahrenheit/gas 4
2. Break up the chocolate bars and melt gently. Remove the bowl from the heat and leave to cool. Put the butter and sugar into a food mixer and beat until light and creamy.
3. Beat in the eggs one at a time, beating well after each addition. Stir in the sour cream on low speed, followed by the flour, and finally the melted chocolate, mixing gently until thoroughly combined.
4. Spoon the mixture into the muffin cases and bake for 25 minutes until firm to the touch.
5. Remove the muffins from the tin and leave to cool on a wire rack.
6. Meanwhile make the topping: using a hand mixer, blend the avocado with the lemon juice until you achieve a smooth consistency, working out any lumps. Slowly blend in the icing sugar, increasing the speed of the mixer as you go (feel free to add more or less sugar to achieve a consistency and taste you like)
7. Spread over the cooled cakes. Using a zester, create some dark chocolate shavings and sprinkle some onto the frosting and top with a cooled toasted walnut.