



Fudgy Flourless Chocolate Cake



1/8th of cake: 100 calories, 2.5g total fat (1.5g sat. fat), 310mg sodium, 22g carbs, 4.5g fiber, 5g sugars, 5.5g protein

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Prep: 15 minutes **Cook:** 40 minutes

Cool: 1 hour



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Ingredients

One 15-oz. can black beans, drained and rinsed
1/2 cup unsweetened cocoa powder
1/2 cup (about 4 large) egg whites
1/3 cup unsweetened applesauce
1/3 cup canned pure pumpkin
1/4 cup Truvia spoonable calorie-free sweetener (or another no-calorie granulated sweetener; see *HG FYI*)
1 1/2 tsp. baking powder
1 tsp. vanilla extract
1/4 tsp. salt
3 tbsp. mini semi-sweet chocolate chips

Directions

Preheat oven to 350 degrees. Line a 9" round cake pan with foil, and generously spray with nonstick spray.

Place all ingredients *except* chocolate chips in a food processor. Puree until completely smooth and uniform.

Fold in 1 tbsp. chocolate chips.

Spread mixture into the baking pan, and smooth out the top.

Evenly top with remaining 2 tbsp. chocolate chips, and lightly press into the batter.

Bake until a toothpick inserted into the center comes out mostly clean, 35 - 40 minutes.

Let cool completely, about 1 hour.

Refrigerate leftovers. (This cake tastes great chilled.)

MAKES 8 SERVINGS

HG FYI: [Truvia spoonable calorie-free sweetener](#) is about twice as sweet as sugar. If using a no-calorie granulated sweetener that measures cup-for-cup like sugar *instead* of Truvia, double the amount called for in this recipe.

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Publish Date: August 25, 2015

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