



## Mini Flourless PB Chocolate Cakes



1/8th of recipe (1 cake): 105 calories, 2.5g total fat (1.5g sat. fat), 326mg sodium, 21.5g carbs, 4.5g fiber, 4g sugars, 6g 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 or fat-free liquid egg substitute  
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. peanut butter baking chips, chopped

### Directions

Preheat oven to 350 degrees. Generously spray 8 cups of a 12-cup muffin pan with nonstick spray.

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

Fold in 1 tbsp. chopped peanut butter chips.

Evenly distribute batter into the 8 cups of the muffin pan, and smooth out the tops. Sprinkle with remaining 2 tbsp. chopped peanut butter chips, and lightly press into the batter.

Bake until a toothpick (or knife) inserted into the center of a cake comes out mostly clean, 35 - 40 minutes.

Let cool completely, about 1 hour.

Refrigerate leftovers.

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: January 20, 2016

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