



5-Ingredient PB Midnight Fudge Bites



1/20th of recipe (1 piece): 67 calories, 4g total fat (0.5g sat. fat), 65mg sodium, 10.5g carbs, 2.5g fiber, 1.5g sugars, 3.5g protein

Prep: 5 minutes **Cook:** 30 minutes

Cool/Chill: 3 hours



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Ingredients

2 cups canned pure pumpkin
1 cup unsweetened dark cocoa powder
1/2 cup peanut butter
1/2 cup powdered peanut butter
1/2 cup Truvia spoonable no-calorie sweetener (or another natural brand that's about twice as sweet as sugar)

Directions

Preheat oven to 350 degrees. Line an 8" X 8" baking pan with parchment paper.

Place all ingredients in a food processor. Puree until completely smooth and uniform.

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

Bake until top is firm, 25 - 27 minutes.

Let cool completely, about 1 hour.

Cover and refrigerate until completely chilled, at least 2 hours. (This fudge is even good slightly frozen!)

MAKES 20 SERVINGS

To Freeze & Thaw: Tightly wrap each cooled serving in plastic wrap. Place individually wrapped treats in a sealable container or bag, seal, and store in freezer. Before eating, let thaw for about 20 minutes, or until desired texture is reached.

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