



Fudgy Chocolate Cookies



1/12th of recipe (1 cookie): 56 calories, 2.5g total fat (1g sat. fat), 65mg sodium, 10.5g carbs, 2g fiber, 2g sugars, 2g protein

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

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Ingredients

3 oz. avocado (about 1/3 cup or 1 small avocado's worth)
1/3 cup (about 3 large) egg whites or fat-free liquid egg substitute
3 tbsp. Truvia spoonable calorie-free sweetener (or another no-calorie brand that's about twice as sweet as sugar; see *HG FYI*)
2 tbsp. canned pure pumpkin
1 tsp. vanilla extract
1/2 cup unsweetened cocoa powder
1/3 cup whole-wheat flour
1/2 tsp. baking soda
3 tbsp. mini (or chopped) semi-sweet chocolate chips

Directions

Preheat oven to 350 degrees. Line a baking sheet with wax or parchment paper.

In a small blender or food processor, purée avocado until smooth.

In a medium-large bowl, combine puréed avocado, egg whites/substitute, sweetener, pumpkin, and vanilla extract. Whisk until uniform.

Gradually stir in cocoa powder, flour, and baking soda. Stir until just mixed and uniform.

Fold in chocolate chips.

Evenly distribute mixture into 12 mounds on the baking sheet, about 1 1/2 tbsp. each. Use the back of a spoon to spread and flatten into 2-inch circles.

Bake until a toothpick inserted into the center of a cookie comes out clean, 10 - 12 minutes.

MAKES 12 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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