



Clean & Hungry Coconut Chocolate Fudge



1/20th of recipe (1 piece): 51 calories, 1.5g total fat (1g sat. fat), 109mg sodium, 9.5g carbs, 2.5g fiber, 3g sugars, 2g protein

Prep: 25 minutes **Cook:** 40 minutes

Cool/Chill: at least 3 hours

More: [Dessert Recipes](#), [Vegetarian Recipes](#), [Four or More Servings](#)

Ingredients

1/4 cup pitted dried dates
One 15-oz. can black beans, drained and rinsed
1/2 cup unsweetened cocoa powder
1/3 cup canned pure pumpkin
1/4 cup unsweetened applesauce
1/4 cup (about 2 large) egg whites
2 tbsp. coconut flour
2 tbsp. [Truvia spoonable no-calorie sweetener](#) (or another natural brand; see *HG FYI*)
1 tsp. baking powder
1/2 tsp. coconut extract
1/4 tsp. vanilla extract
1/4 tsp. salt
3 tbsp. mini (or chopped) semi-sweet chocolate chips
2 tbsp. unsweetened shredded coconut

Directions

Preheat oven to 350 degrees. Spray an 8" X 8" baking pan with nonstick spray.

Place dates in a small bowl with 1/2 cup warm water. Soak until softened, 5 - 10 minutes. Drain excess liquid.

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

In a small microwave-safe bowl, microwave chocolate chips at 50 percent power for 1 1/2 minutes, or until melted.

Add melted chips to food processor, and puree until completely blended. Fold 1 tbsp. shredded coconut into batter.

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

Evenly top with remaining 1 tbsp. shredded coconut and lightly press into the batter.

Bake until a toothpick (or knife) inserted into the center comes out mostly clean, 30 - 35 minutes.

Let cool completely, about 1 hour.

Cover and refrigerate until completely chilled, at least 2 hours. (This fudge tastes best when chilled overnight; it's even good slightly frozen!)

MAKES 20 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 -- like [Stevia in the Raw Bakers Bag](#) -- double the amount called for in this recipe.

Clean & Hungry Tips: For all-natural results, use pure extracts in this recipe. And if you avoid added sugar completely, look for stevia-sweetened chocolate chips (like the kind by Lily's).

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.

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.

Publish Date: February 2, 2016

Author: Hungry Girl

Copyright © 2025 Hungry Girl. All Rights Reserved.