



## Flourless Black Forest Cake



1/8th of cake: 115 calories, 2g total fat (1g sat. fat), 331mg sodium, 27.5g carbs, 5.5g fiber, 7.5g sugars, 5.5g protein

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**Prep:** 20 minutes    **Cook:** 40 minutes

**Cool:** 1 hour, **Chill:** 1 hour



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### Ingredients

#### Cake

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  
2 tbsp. mini (or chopped) semi-sweet chocolate chips

#### Topping

1 tbsp. cornstarch or arrowroot powder  
1 1/2 cups frozen unsweetened pitted dark sweet cherries, thawed, drained, chopped  
1 tbsp. [Truvia spoonable calorie-free sweetener](#) (or another no-calorie granulated sweetener; see *HG FYI*)  
1/8 tsp. vanilla extract  
Dash salt  
Optional topping: all-natural light whipped topping (like [Truwhip Skinny](#) or [So Delicious CocoWhip!](#))

### Directions

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

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

Fold chocolate chips into cake batter. Spread batter into the baking pan, and smooth out the top.

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

Meanwhile, to make the topping, combine cornstarch/arrowroot with 1/3 cup cold water in a medium nonstick pot. Stir to dissolve. Add cherries, sweetener, vanilla extract, and salt. Mix well.

Set heat to medium. Stirring frequently, cook until thick and gooey, 5 - 7 minutes.

Transfer to a medium bowl. Once cool, cover and refrigerate.

Remove cake from oven. Let cool completely, about 1 hour.

Evenly top cake with topping.

Refrigerate until chilled, at least 1 hour.

MAKES 8 SERVINGS

**HG Tip:** For easy slicing, first remove the entire cake by lifting it out by the foil lining the pan.

**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.

**Clean & Hungry Tips:** Use pure extract and natural no-calorie sweetener, as well as arrowroot powder (a clean cornstarch alternative). And if you avoid added sugar completely, look for stevia-sweetened chocolate chips (like [the kind by Lily's](#)).

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Author: Hungry Girl

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