



Flourless Red Velvet Cake



1/8th of cake: 127 calories, 5g total fat (2g sat. fat), 326mg sodium, 23.5g carbs, 4.5g fiber, 6g sugars, 6g protein

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

Cool: 1 hour



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Ingredients

Frosting

1/4 cup reduced-fat cream cheese
2 tbsp. light whipped butter or light buttery spread (like I Can't Believe It's Not Butter! Light or Brummel & Brown)
1/4 tsp. vanilla extract
3 tbsp. powdered sugar

Cake

One 15-oz. can chickpeas (garbanzo 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 that's about twice as sweet as sugar; see *HG FYI*)
1 1/2 tsp. baking powder
1 tsp. vanilla extract
1/4 tsp. salt
2 1/2 tsp. red food coloring (like [this all-natural option](#)), or more as needed
1 tbsp. mini (or chopped) semi-sweet chocolate chips

Directions

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

In a large bowl, combine all frosting ingredients *except* powdered sugar. With an electric mixer set to medium speed, beat until smooth, 1 - 2 minutes. Continue to beat while gradually adding powdered sugar. Beat until smooth, another 1 - 2 minutes. Cover and refrigerate.

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

Mix in food coloring. Fold in chocolate chips.

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

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

Let cool completely, about 1 hour.

Spread the top of the cake with frosting. Refrigerate leftovers.

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

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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