



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.

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Publish Date: February 2, 2016

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