



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

Green Plan [SmartPoints](#)® value 2*

Blue Plan ([Freestyle](#)™) [SmartPoints](#)® value 1*

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

Cool/Chill: at least 3 hours

Tagged: [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.

SmartPoints® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints®** values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The **SmartPoints®** values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints®** trademark.

Publish Date: February 2, 2016

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