



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

Green Plan [SmartPoints](#)® value 3*

Blue Plan (Freestyle™) [SmartPoints](#)® value 2*

Purple Plan [SmartPoints](#)® value 2*

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

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



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

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](#)).

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.

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