



## 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

**Green Plan [SmartPoints](#)**® value 4\*

**Blue Plan ([Freestyle](#)™) [SmartPoints](#)**® value 3\*

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

**Cool:** 1 hour



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

### 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.

**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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