



Mini Flourless PB Chocolate Cakes



1/8th of recipe (1 cake): 105 calories, 2.5g total fat (1.5g sat fat), 326mg sodium, 21.5g carbs, 4.5g fiber, 4g sugars, 6g protein

Green Plan [SmartPoints](#)® value 3*

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

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

Prep: 15 minutes **Cook:** 40 minutes

Cool: 1 hour



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

Ingredients

One 15-oz. can black beans, drained and rinsed
1/2 cup unsweetened cocoa powder
1/2 cup (about 4 large) egg whites or fat-free liquid egg substitute
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
3 tbsp. peanut butter baking chips, chopped

Directions

Preheat oven to 350 degrees. Generously spray 8 cups of a 12-cup muffin pan with nonstick spray.

Place all ingredients *except* peanut butter chips in a food processor. Puree until completely smooth and uniform.

Fold in 1 tbsp. chopped peanut butter chips.

Evenly distribute batter into the 8 cups of the muffin pan, and smooth out the tops. Sprinkle with remaining 2 tbsp. chopped peanut butter chips, and lightly press into the batter.

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

Let cool completely, about 1 hour.

Refrigerate leftovers.

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.