



## Rockin' Rocky Road Fudge



1/20th of recipe (1 piece): 54 calories, 1.5g total fat (0.5g sat. fat), 128mg sodium, 10.5g carbs, 2g fiber, 4g sugars, 2g protein

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

**Cool/Chill:** 3 hours

More: [Dessert 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 dark cocoa powder  
1/3 cup canned pure pumpkin  
1/4 cup unsweetened applesauce  
1/4 cup (about 2 large) egg whites or fat-free liquid egg substitute  
2 tbsp. coconut flour  
2 tbsp. [Truvia spoonable no-calorie sweetener](#) (or another natural brand about twice as sweet as sugar)  
1 tsp. baking powder  
1 tsp. vanilla extract  
1/4 tsp. salt  
3 tbsp. mini semi-sweet chocolate chips  
1/2 oz. (about 2 tbsp.) chopped almonds  
1/2 cup mini marshmallows

### 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 from dates, and transfer to a food processor. Add beans, cocoa powder, pumpkin, applesauce, egg whites/substitute, coconut flour, sweetener, baking powder, vanilla, and salt. 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 1/4 oz. (about 1 tbsp.) almonds into batter. Spread batter into the baking pan, and smooth out the top. Bake until a toothpick (or knife) inserted into the center comes out mostly clean, 30 - 35 minutes.

Top with marshmallows and remaining 1/4 oz. (about 1 tbsp.) almonds. Bake until slightly melted, about 3 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

**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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