



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

Green Plan [SmartPoints](#)® value 2*

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

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

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

Cool/Chill: 3 hours



Tagged: [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.

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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