

DARK CHOCOLATE MINI CAKES

Higher Fiber, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 1 cake with sauce

Nutrition (per serving)

Calories: 193

Total Carbohydrate: 40

Total Fat: 5 g

Dietary Fiber: 3 g

Saturated Fat: 1.5 g

Protein: 4 g

Sodium: 205 mg

Ingredients

Raspberry Sauce Ingredients:

1 cup frozen unsweetened raspberries

2 Tbsp sugar

1 Tbsp orange juice or water

Cake Ingredients:

2 tsp plus ¼ cup sugar

1/3 cup bittersweet or dark (60% cacao) chocolate chips (see tip below)

½ cup drained canned black beans, rinsed

2 large egg whites, lightly beaten

1 Tbsp unsweetened cocoa powder

½ tsp vanilla extract

1/8 tsp baking powder

½ tsp Confectioners' sugar for dusting

Directions

1. To make sauce: Combine all sauce ingredients in small saucepan. Bring to a simmer over medium-high heat. Reduce heat to low and simmer, mashing berries with a wooden spoon, until sauce has thickened slightly, 2 to 3 minutes. Transfer to a bowl. Let cool.
2. To make cakes: Preheat oven to 400 degrees. Spray four 6-oz custard cups or muffin cups with cooking spray. Sprinkle $\frac{1}{2}$ tsp sugar into each cup; tilt to coat evenly. Melt chocolate chips in small microwave-safe bowl at 50% power 1 $\frac{1}{2}$ minutes. Remove from microwave and stir until smooth. Return to microwave for a few more seconds, if necessary. Set aside. Place $\frac{1}{4}$ cup sugar, beans, egg whites, vanilla and baking powder in food processor or blender; process until smooth. Add melted chocolate; pulse several times until blended. Divide batter among prepared custard or muffin cups. Place custard cups on rimmed baking sheet. Bake until cakes have puffed and tops spring back when touched lightly, 14 to 17 minutes. Let cool slightly in custard cups. (Cakes will sink slightly as they cool.) Loosen edges and turn cakes out onto individual dessert plates. Serve cakes slightly warm for the fuzziest texture; serve with raspberry sauce and dust with confectioners' sugar. (Leftover cakes will keep, covered, in the refrigerator for up to 4 days or well wrapped in the freezer for up to 3 months.)