



Healthy High Protein & Low Carbs Recipes



Easy & Skinny Pumpkin & Black Bean Cake Recipe



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And yes, it comes with healthy cream cheese frosting on top! Healthy, skinny and kid friendly too!

No 2 cups of sugar, no oil, no white flour, no egg yolks. Just black beans, pumpkin puree, Greek yogurt and egg whites among the ingredients in this delicious & moist pumpkin cake.



Yes, you heard it right, black beans!

And here is the best part. You probably have all of the ingredients on hand.

And you don't have to sift the flour for this one. All you need is a food processor and you can enjoy this in 1 hour:



Only 254 calories per a decent size piece. This cake is at least half the fat, carbs and sugar than any traditional pumpkin cake.

On top of that, it is super moist despite the total absence of oil or butter.



To make a healthy frosting I used [Truwhip](#). It is a whipped topping that is 70% organic, with no corn syrup & trans fats.

You can find it at Whole Foods or most health/organic stores. To check for a location near you [click here](#).

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Ingredients

Wet Ingredients:

1 can (15 oz) black beans,
rinsed & drained

1 can (15 oz) pumpkin puree
3/4 cup 0% Greek yogurt
1/2 cup almond milk, unsweetened (vanilla is fine)
1/3 cup egg whites
1/2 cup unsweetened applesauce
1 tbsp pure vanilla extract

Dry Ingredients:

1 cup whole wheat flour
1 cup walnuts, roughly chopped
1/2 cup brown sugar
2 tsp cinnamon
1/2 tsp cloves
1 tsp nutmeg
1 tsp allspice
2 tsp baking powder
2 tsp baking soda

Frosting:

1 cup Truwhip
1 container (250g) cream cheese, light
2 tbsp agave nectar
1 tbsp pure vanilla extract

Directions

1. Preheat oven to 350 F degrees.
2. In a food processor combine Wet Ingredients and blend until smooth.
3. In a mixing bowl combine all Dry Ingredients and mix just to combine.
4. Add Dry Ingredients to a food processor and blend together with Wet Ingredients.
5. Spray 9 x 13 baking dish with cooking spray and pour mixture into it. Bake for 1 hour or until the toothpick comes out clean. Let it cool.
6. To make the Frosting: combine Truwhip, light cream cheese, agave nectar and vanilla extract in a bowl. Beat with a mixer for couple minutes or until smooth.
7. Frost the cooled caked with frosting. Cut into 12 pieces

and serve. Store in the fridge for up to 5 days or in a freezer for up to a month.

Nutritional Info

Servings Per Recipe: 12 slices

Amount Per 1 Slice:

Calories: 254.5

Total Fat: 11.3 g

Cholesterol: 10.0 mg

Sodium: 395.8 mg

Total Carbs: 33.5 g

Dietary Fiber: 4.8 g

Sugars: 16.5 g

Protein: 9.3 g

Weight Watchers Points +: 7

Weight Watchers Points: 5

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