



Guiltless Flourless Chocolate Torte

Most deserts are loaded with fat and carbohydrates with little fiber or protein. This torte is made from black beans with more protein, more complex carbohydrates and fiber than flour. In addition, the glycemic index (sugar/insulin balance) is lower than processed flour.

The richness of the chocolate is enhanced with an avocado. Yes, the addition of good fat from an avocado produces a smooth rich texture. For even more moisture, there is a surprise addition, a mashed ripe banana. The chocolate creates a torte high in anti-oxidants (flavonoids), more than some red wines. Think of these anti-oxidants as little scrubbers for your blood vessels. Be sure to purchase natural unsweetened cocoa. Dutch processed cocoa (alkalized) is low in anti-oxidants. Dark chocolate is generally alkalinized so check the label. To reduce processed sugar by 50%, half of the carbohydrate is replaced by stevia, a natural sugar substitute in the form of a sugar blend.

Ingredients:

- 1 can (15 oz.) black beans, organic is best
- 4 egg equivalents, 8 oz Egg Beaters® or similar substitute
- ¾ cup Truvia® Sugar Blend or 1½ cups sugar
- 1 avocado, peeled and seed removed
- 1 ripe banana, peeled and mashed
- ½ tsp baking powder
- 1 tsp pure vanilla extract
- ¾ cup unsweetened cocoa, such as Ghirardelli®
- 1 pint container fresh raspberries and chocolate sauce of choice, plus mint leaves for garnish

Cooking Directions:

- Preheat oven to 350°F; coat a 9" non-stick cake pan or a valentine shaped pan with vegetable spray and line the bottom with parchment paper.
- Place drained, rinsed beans in a food processor and puree until smooth. Add egg substitute. Note: the fiber in the beans will not blend smoothly, so mixture will retain texture (this is normal).
- With the processor running, add the Truvia, avocado, banana, baking powder, vanilla and cocoa.
- Bake on center rack for 25 to 35 minutes or until a toothpick inserted into the center comes out dry. The surface should be firm yet spongy.
- Remove from oven and cool for 15 minutes. Remove cake from pan. Bring the torte to room temperature. The torte tastes best cooled fully. It is more moist and dense the next day.
- Garnish with chocolate sauce and fresh raspberries.

Serves 12. Serving size 1/12 of torte.

Nutritional analysis (does not include garnishes): Total calories 132, total fat 3.3g, saturated fat 0.7g, cholesterol 0mg, sodium 138mg, total carbohydrates 19.5g, fiber 5.3g, total sugars 6.3g, protein 11.4g.

This recipe brought to you by Richard E. Collins, MD THE COOKING CARDIOLOGIST® and Boston Scientific Corporation. Learn more at HeartHealthyBeats.com