

## Black Bean Chocolate Cake

### Ingredients:

- 1/2 c. applesauce (with no added sugar)
- 1 box Devils Food cake mix (any brand)
- 1 (15-ounce) can low sodium black beans (including liquid)
- 1/2 c. chocolate chips (optional)

### Directions:

- Preheat oven to 350 degrees.
- Spray cake pan with nonstick spray.
- In large bowl, mash black beans and liquid from the can.
- Add the applesauce and cake mix. Using an electric mixer, mix for three minutes on medium speed. Batter will be thick.
- Pour into the prepared pan. If desired, sprinkle the top with chocolate chips.
- Bake for 35 to 40 minutes. Test doneness with a toothpick. If needed, continue baking for five to 10 minutes. Allow cake to cool completely before cutting.

*Makes 12 servings. Per serving (1/12 of mix) of cake without chocolate chips: 200 calories, 4 grams (g) fat, 40 g carbohydrate and 3 g fiber.*

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