

## Pumpkin Cupcakes with Cream Cheese Icing

### You Will Need:

- 1 cup applesauce, no sugar added
- 1 cup canned pumpkin
- 1/2 cup sugar
- 1 ½ cup spoon able sugar substitute
- ½ cup canola oil
- 2 eggs
- 4 egg whites
- 1 cup all purpose flour, sifted
- 1 cup whole wheat flour, sifted
- 2 teaspoons baking soda
- 1 teaspoon ground cinnamon
- ¼ teaspoon ground cloves
- ¼ teaspoon salt
- For Frosting:
  - 4 ounces light cream cheese, soft
  - 1 teaspoon vanilla extract
  - 1 cup powdered sugar, sifted
  - 1 Tablespoon skim milk
  - 3 ounces finely chopped walnuts

**Directions:** Prep time- 20 minutes Cook time – 45 minutes

1. Preheat oven to 350 degrees.
2. Spray 12 cup muffin tin with cooking spray, set aside.
3. In a large bowl, combine the applesauce, pumpkin, both sugars and canola oil. Blend to combine.
4. Add the eggs and egg whites one at a time, beating well.
5. In a separate bowl, combine flours, baking soda, cinnamon, cloves and salt. Stir well.
6. Add the flour mixture to the applesauce mixture gradually, mixing well.
7. Pour the batter into the prepared pan and bake in the preheated oven for 20 minutes or until cake springs back when you touch it in center. Let cupcakes cool before you frost it.
8. In a large bowl, cream the cream cheese with the vanilla extract. Add the powdered sugar 2 Tablespoons at a time. Mix well.
9. Stir in the milk until the frosting reaches a frost like consistency.
10. Stir in walnuts. Frost cupcakes.

Makes: 24 cupcakes

Serving Size: 1 cupcake

### Nutrition Facts (per serving):

Calories: 161  
Total Fat: 8 grams  
Sodium: 101 mg  
Carbohydrate: 22 grams  
Fiber: 2 grams  
Protein: 3 grams



\*\* Total Cost: \$ 4.68

\*\* Cost per Serving: .20 cents

\*\* Total cost and cost per serving based on Wal-Mart prices as of October 2008. Prices subject to change based on location where and/or season when items are purchased.  
Source: Carolyn Nichols