



Ooey-Goey Chocolate Caramel Muffins



1 muffin (1/12th of recipe): 197 calories, 3.5g total fat (1.5g sat. fat), 347mg sodium, 40g carbs, 2.5g fiber, 23.5g sugars, 2.5g protein

Prep: 10 minutes **Cook:** 20 minutes

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Ingredients

1 box moist-style devil's food cake mix (15.25 - 18.25 oz.)
One 15-oz. can pure pumpkin
12 cubes chewy caramel (like Kraft Traditional Caramels)
1 tsp. powdered sugar

Directions

Preheat oven to 400 degrees. Line a 12-cup muffin pan with foil baking cups, or spray it with nonstick spray.

In a large bowl, mix cake mix with pumpkin until completely smooth and uniform. (Batter will be thick.)

Evenly distribute batter into the cups of the muffin pan. Press a caramel halfway into the center of each, and smooth batter over the top to enclose the caramel.

Bake until a toothpick inserted into a muffin (avoiding the caramel) comes out mostly clean, about 20 minutes.

Let cool slightly, about 10 minutes. Sprinkle with powdered sugar. Enjoy!

P.S. If not eating immediately, reheat muffins in the microwave for about 15 seconds to melt the caramel just before eating.

MAKES 12 SERVINGS

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