



Pumpkin Spice Cupcakes



1/12th of recipe (1 cupcake): 141 calories, 4.5g total fat (2.5g sat. fat), 271mg sodium, 22.5 carbs, 1g fiber, 13g sugars, 2.5g protein

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

Cool: 35 minutes



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Ingredients

Frosting

1/2 cup reduced-fat cream cheese
1/4 cup light butter or light buttery spread (like Brummel & Brown), room temperature
1/4 tsp. vanilla extract
1/3 cup powdered sugar

Cupcakes

1 3/4 cups moist-style spice cake mix
1 cup canned pure pumpkin
1/3 cup egg whites or fat-free liquid egg substitute (like Egg Beaters Original)
1/2 tsp. baking powder
1/8 tsp. salt
1/8 tsp. cinnamon
1/8 tsp. pumpkin pie spice
Dash nutmeg

Topping

1/8 tsp. pumpkin pie spice

Directions

Preheat oven to 350 degrees. Line a 12-cup muffin pan with foil baking cups, or spray it with nonstick spray.

In a large bowl, combine all frosting ingredients *except* powdered sugar. With an electric mixer set to medium speed, beat until smooth, 1 - 2 minutes. Continue to beat while gradually adding powdered sugar. Beat until smooth, another 1 - 2 minutes. Cover and refrigerate.

In another large bowl, combine all cupcake ingredients, and mix until smooth and uniform. Evenly distribute batter among the cups of the muffin pan.

Bake until a toothpick inserted into the center of a cupcake comes out clean, 16 - 18 minutes.

Let cool completely, about 10 minutes in the pan and 25 minutes out of the pan.

Evenly frost cupcakes, and top with pumpkin pie spice.

MAKES 12 SERVINGS

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Publish Date: March 21, 2017

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