



Recipe of the Month – April 2014

Chocolate Surprise Cupcakes

Serves 24

Serving Size: 1 cupcake

Ingredients

| | |
|------------------------------|--------------------|
| 1 can (15 ounces) | pumpkin |
| 1 box (18 ounces) | chocolate cake mix |
| 3 | eggs |
| $\frac{3}{4}$ cup (6 ounces) | apple juice |
| $\frac{1}{2}$ cup | chopped walnuts |

Directions

1. Preheat oven to 350°F
2. Grease or spray muffin tins
3. Combine the pumpkin, cake mix, eggs, and apple juice in a large mixing bowl
4. Beat batter well
5. Fill muffin tins $\frac{2}{3}$ full of batter
6. Sprinkle walnuts on top
7. Bake according to package directions for cupcakes (about 20 minutes)
8. Cupcakes are done when a toothpick inserted into a cupcake comes out clean
9. Let cool on rack for 5-10 minutes
10. Remove from tin

Options

- Use a white or spice cake mix with 1 tablespoon of cinnamon or pumpkin pie spice added to batter
- Bake recipe in 9x13-inch cake pan or 10 x15-inch jelly roll pan. Use toothpick method in step #5 to test for doneness.
- Serve with low fat or fat free frozen topping



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NUTRITION FACTS PER SERVING: Calories 130, Total Fat 6g , Saturated Fat 1g, Cholesterol 25mg, Sodium 190mg, Total Carbohydrate 19g, Dietary Fiber 1g, Sugars 10g, Protein 3g , Vit A 60%, Vit C 2%, Calcium 4%, Iron 8%