



HG's Goopy Gingerbread Cupcakes



1/12th of recipe (1 cupcake): 150 calories, 4.5g total fat (2.5g sat. fat), 234mg sodium, 25.5g carbs, 0.5g fiber, 15.5g sugars, 2.5g protein

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Prep: 15 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 I Can't Believe It's Not Butter! Light or Brummel & Brown)
1/2 tsp. cinnamon
1/4 tsp. vanilla extract
1/3 cup powdered sugar

Cupcakes

1 3/4 cups moist-style spice cake mix (about half a box)
1/2 cup egg whites or fat-free liquid egg substitute
1/4 cup unsweetened applesauce
3 tbsp. molasses
1 tsp. vanilla extract
1 tsp. cinnamon
3/4 tsp. ground ginger
1/8 tsp. ground nutmeg
Optional topping: cinnamon

Directions

Preheat oven to 350 degrees. Line a 12-cup muffin pan with 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. Whisk 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.

Spread with frosting.

MAKES 12 SERVINGS

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