



Chocolate Surprise Cupcakes

Servings 24 | Prep time 10 mins. | Total time 40 mins.

Equipment: Large bowl, Muffin tin/cupcake pan, Toothpick

Utensils: Mixing spoon

Ingredients

Cooking spray

1 15 ounce can pumpkin puree

1 box chocolate cake mix

3 eggs

3/4 cup apple juice

1/2 cup walnuts, chopped (optional)

Instructions

1. Before you begin wash your hands, surfaces, utensils, and tops of cans.
2. Preheat oven to 325 degrees. Grease or spray muffin tins with cooking spray.
3. Combine the pumpkin puree, cake mix, eggs, and apple juice in a large mixing bowl.
4. Mix batter well. Fill muffin tin or cupcake pan 2/3 full of batter with spoon. If using walnuts, sprinkle on top.
5. Bake according to package directions for cupcakes, about 20 minutes.
6. Cupcakes are done when a toothpick inserted into center comes out clean.
7. Let cool for 5-10 minutes. Remove from tin & serve.

Hint

- To check for doneness, insert a toothpick into the center of the largest or middle cupcake in the pan. When the toothpick is pulled out, it should be clean without cake pieces. If not, cook for 2-5 minutes longer and check again.

Nutritional Information:

Calories 200 Total Fat 5g Sodium 330mg Total Carbs 36g Protein 13g