



# Chocolate Surprise Cupcakes

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

## Equipment:

Large bowl

Muffin tin or cupcake pan

Toothpick

## Utensils:

Mixing spoon

Measuring cups and spoons

## Ingredients

Non-stick spray

1 15 ounce can pumpkin puree

1 15 1/4 ounce box chocolate cake mix

3 eggs

3/4 cup 100% 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. Spray muffin tins with non-stick spray.
3. Combine the pumpkin puree, cake mix, eggs, and apple juice in 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 cupcake package directions--about 20 minutes, or until a toothpick inserted into the center comes out clean.
6. Let cool for 5-10 minutes. Remove from tin and serve.

## **Nutritional Information:**

Calories 30    Total Fat 1g    Sodium 65mg    Total Carbs 5g    Protein 1g