



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