

Goopy Butterfinger Cupcakes

Ingredients:

1 packet hot cocoa mix with 20 – 25 calories (like Swiss Miss Diet or Nestlé Fat Free)
1 3/4 cups moist-style devil's food cake mix
1/2 cup fat-free liquid egg substitute (like Egg Beaters Original)
1/4 cup Jet-Puffed Marshmallow Creme
1 tsp. nonfat milk
1 standard-sized Butterfinger bar (2.1 oz.) *or* 3 Butterfinger Fun Size bars (about 2 inches long)



Directions:

1. Preheat oven to 350 degrees. Line a 12-cup muffin pan with foil baking cups, or spray it with nonstick spray.
2. In a glass, combine cocoa mix with 1/4 cup hot water and stir to dissolve.
3. Transfer mixture to a large bowl, and add 3/4 cup cold water. Add cake mix and egg substitute. Whisk until smooth.
4. Evenly distribute mixture among the cups of the muffin pan. Bake until a toothpick inserted into the center of a cupcake comes out clean, 16 – 18 minutes OR (about 10 minutes for mini cupcakes)
5. Let cool completely, about 10 minutes in the pan and 15 minutes out of the pan.
6. In a small bowl, thoroughly mix marshmallow creme with nonfat milk. Drizzle over cupcakes.
7. Crush candy bar(s) and sprinkle evenly over cupcakes. Enjoy!

MAKES 12 SERVINGS

Nutrition Information: (Per Serving)

12 Servings: (1 standard cupcake)

130 Calories
3 g Fat
24 g Carbohydrate
3 g Protein

24 Servings: (1 mini cupcake)

65 Calories
2 g Fat
12 g Carbohydrate
2 g Protein

Recipe From:

<http://www.hungry-girl.com/weekly-recipes/printable-recipe/1506>



Healthy Halloween Tips

Many people believe the concept of "healthy Halloween" is a classic oxymoron. It's true that once we all were children who loved Halloween and collecting all the candy we could fit into our treat bag. But parents who want their children to have healthy teeth and bodies may take one for the team and risk being regarded as "Halloween Scrooges" in an effort to minimize the impact of Halloween on their kids and the environment. Here are a few ways to help your family have a healthier Halloween:

- **Feed your children a healthy meal before they head out for trick-or-treating, this will help prevent them from eating the candy simply because they are hungry.**
- **Instead of candy, hand out small treats like yo-yos or temporary tattoos.**
- **Healthy alternatives may include dried fruit snacks, granola, or trail mix.**
- **Allowing the occasional candy treat for your kids is okay, as long as they do not overindulge.**
- **Help prevent overindulging by hiding the candy and allowing only small amounts at once, or offering the candy as a dessert after a healthy snack like chopped veggies or fruit.**
- **Be clear with your kids about the limits, and emphasize that you are trying to keep them healthy.**
- **Forbidding the candy completely may lead to having your kids sneak or hide the candy, so explain the importance of healthy choices and moderation.**

These are only a few suggestions to help make Halloween a little healthier for your family! Most importantly, remember that everyday healthy choices make for the healthiest kids, and the occasional slip-up or indulgence is not the end of the world—just make up for it with extra healthy choices afterwards!