

Gingerbread Cupcakes

Ingredients

- 1 3/4 cups moist-style yellow 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 1/2 tsp. cinnamon
- 1 tsp. ground ginger
- 1/2 tsp. ground nutmeg
- 1/4 tsp cloves
- Optional topping: cinnamon



Directions

1. Preheat oven to 350 degrees. Line a 12-cup muffin pan with baking cups, or spray it with nonstick spray.
2. Combine all cupcake ingredients. Whisk until smooth and uniform. Evenly distribute batter among the cups of the muffin pan.
3. Bake until a toothpick inserted into the center of a cupcake comes out clean, 16 - 18 minutes.
4. Let cool completely, about 10 minutes in the pan and 25 minutes out of the pan.

Spread with frosting.

Nutrition Facts

Servings: 12

Amount per serving

Calories **102**

% Daily Value*

Total Fat 2.1g **3%**

Saturated Fat 0.3g **2%**

Cholesterol 0mg **0%**

Sodium 137mg **6%**

Total Carbohydrate 19.1g **7%**

Dietary Fiber 0.2g **1%**

Total Sugars 13.6g

Protein 2g

