

# Happy Birthday Cupcakes



## NUTRITION INFORMATION:

GLUTEN FREE

PROTEIN: 3 G

FIBER: 3 G

SUGAR: 8 G

CALORIES: 80

WW POINTS: 4 SP

## CUPCAKE INGREDIENTS:

1 Box of Simple Mills Naturally Gluten Free Chocolate Muffin & Cake Mix

3 Eggs

1/3 cup 100% canned pumpkin puree (I used pumpkin puree instead of oil. It's in a 1:1 ratio when substituting oil and pumpkin)

1 tbsp vanilla

1/3 cup water

12 cupcake pan liners (I used multi-colored silicone liners)

Oil spray

## VANILLA FROSTING INGREDIENTS:

1 8oz container of whipped cream cheese

1 cup Swerve Confectioners (Swerve is a sugar substitute)

1 tsp vanilla

Variation:

You can make chocolate cream cheese frosting with the addition of 1-2 tbsp of unsweetened cocoa powder to the ingredient list.

DIRECTIONS ON NEXT PAGE

[WWW.LIGHTENEDUPLIFE.COM](http://WWW.LIGHTENEDUPLIFE.COM)



# Happy Birthday Cupcakes

## DIRECTIONS FOR CUPCAKES:

Heat oven to 350F. Using a 12 compartment muffin tray, spray a little oil in each compartment so the cupcake won't stick to the sides. Or if you use silicone liners, place one in each compartment and spray the inside of each. Whisk eggs, water, pumpkin, and vanilla in large mixing bowl. Pour baking mix into the bowl and whisk all together until well blended. Spoon the batter evenly into the 12 compartments.

Bake for 18 minutes. Let cupcakes cool completely before frosting them. The cupcake itself is 55 calories and 3sp (WW). If you don't want to make frosting, a swirl of fat free Reddi Whip on top would work great for 5 calories and 0sp!

## DIRECTIONS FOR VANILLA FROSTING

Put cream cheese, Swerve, and vanilla in a medium size mixing bowl. Whip using a hand held mixer until light and fluffy. 1 tbsp of frosting is 25 calories and 1sp (WW).

## PUTTING IT ALL TOGETHER

Once the cupcakes have cooled, frost each one with 1 tbsp of frosting. Decorate with sprinkles, mini chocolate chips, or a sprinkle of PB2 over the top for a peanut butter taste. (adjust calories and points accordingly)  
Then, dig in and have a happy healthy & decadent birthday!

