

Change-it-up Chocolate Cupcakes

What You'll Need

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| 1/2 pound carrots, peeled and finely shredded | 2 egg whites |
| 1 1/4 cups sugar | 2 cups all-purpose flour |
| 3 tablespoons vegetable oil | 2 teaspoons baking soda |
| 1/4 cup unsweetened applesauce | 1/2 teaspoon salt |
| 1/3 cup low-fat buttermilk* | 1/2 cup cocoa powder, unsweetened |
| 2 large eggs | 3 tablespoons powdered sugar |

Makes about 2 dozen

Let's Cook!

- 1 Preheat oven to 350 degrees. Line cupcake pan with paper liners.
- 2 Combine carrots, sugar, oil, applesauce, buttermilk, eggs and egg whites in a large bowl.
- 3 In another bowl, mix together flour, cocoa powder, baking soda and salt.
- 4 While stirring, gradually mix the flour mixture into the carrot mixture.
- 5 Fill cupcake holders 1/2 full with batter.
- 6 Bake for 20 – 22 minutes, or until a wooden pick inserted in the center comes out clean.
- 7 Cool on rack.
- 8 When completely cool, dust the cupcakes with powdered sugar.

*To make your own buttermilk, add 1 tablespoon lemon juice to enough low-fat milk to make a cup.

Nutrition Facts

Serving Size (49g)		Servings Per Container 24	
Amount Per Serving			
Calories 100	Calories from Fat 20		
% Daily Value*			
Total Fat 2.5g	4%		
Saturated Fat 0.5g	3%		
Trans Fat 0g			
Cholesterol 15mg	5%		
Sodium 190mg	8%		
Total Carbohydrate 20g	7%		
Dietary Fiber 1g	4%		
Sugars 11g			
Protein 3g			
Vitamin A 35%	Vitamin C 2%		
Calcium 2%	Iron 4%		

Recipe Substitutions

Cakes, cupcakes, muffins and other baked desserts are treats for special occasions. There are ways, however, to change your recipes to help you bake delicious treats that will still fit into a healthy diet.

Here are some ideas for easy baking substitutions that only the chef will notice. You should find that the recipes come out moist and delicious, but with much less fat and many fewer calories!

If a recipe calls for...	substitute with...	and...
1/2 cup of oil or margarine	1/3 cup of applesauce	If you are substituting all of the oil or margarine with applesauce, add 2 teaspoons of oil when combining with dry ingredients.
oil as the only liquid ingredient	the same amount of applesauce and buttermilk (in equal parts)	
1/2 cup oil in chocolate desserts, such as brownies	1/2 cup of puréed prunes*	If you are substituting all of the oil for pureed prunes, add 2 teaspoons of oil when combining with dry ingredients. Also, reduce sugar by 2 teaspoons for each half-cup of puréed prunes.
eggs	two egg whites for each whole egg	If a recipe calls for 2 eggs, do not replace both eggs in the recipe with egg whites. Use one whole egg and substitute the other egg with 2 egg whites

* Use baby food prunes or make your own by placing 3/4 cup of dried, chopped pitted prunes in a blender and adding 3 tablespoons of very hot water or any other liquid called for in the baking recipe. Blend until prunes are smooth.