

Figure-Friendly Pumpkin Cupcakes with Spiced Pumpkin Cream Cheese Frosting

Candy Engelbert

Yield: 24 large cupcakes or 48 mini cupcakes

Cupcakes

Ingredients:

1 box vanilla cake mix
2 tsp. pumpkin pie spice
1 cup canned pure pumpkin
1 cup water

Directions:

Mix all ingredients together. Fill cupcake liners 2/3 full. Bake for 17-20 minutes.

Frosting

Ingredients:

1 8 oz. package of cream cheese
½ cup canned pumpkin
1 tsp. vanilla extract
1 tsp. cinnamon
5 tbsp. of brown sugar (packed)
1 tsp. pumpkin pie spice

Directions:

Beat cream cheese. Add all other ingredients and blend until fluffy.