

Chocolate Surprise Cupcakes

Rich, moist chocolate cupcakes with a secret: a whole can of pumpkin replaces the oil. About 12 cents each.

Makes 24 servings | Serving: 1 cupcake | About $0.12 per serving | 10 min + 20 min bake

Ingredients

- Nonstick cooking spray
- 1 can (15 ounces) pumpkin
- 1 box (15.25 ounces) chocolate cake mix
- 3 eggs
- 1/2 cup (4 ounces) apple juice
- 1/2 cup walnuts, chopped

Method

1. Heat the oven to 350°F and spray the muffin tins.
2. Combine the pumpkin, cake mix, eggs and apple juice in a large bowl.
3. Beat well, fill the cups 2/3 full and sprinkle walnuts on top.
4. Bake about 20 minutes, until a toothpick in the center comes out clean.
5. Cool 5-10 minutes in the tin, then remove.

Swaps: Nut-free: skip the walnuts or use mini chocolate chips. A 1/3-cup measure scoops batter neatly.

Storage: Airtight up to 4 days, or freeze in bags.

Nutrition Facts

Per serving (1 cupcake)

Calories	**100**
Total Fat	2.5 g
Saturated Fat	0 g
Sodium	100 mg
Total Carbohydrate	17 g
Dietary Fiber	1 g
Total Sugars	11 g
Added Sugars	10 g
Protein	2 g
Calcium	9 mg
Iron	1 mg
Potassium	78 mg

Why it's good for you

- Pumpkin adds vitamin A and fiber, and replaces the oil.[1]
- Walnuts add heart-healthy unsaturated fats.[2]

[1] NIH Office of Dietary Supplements: Vitamin A fact sheet, https://ods.od.nih.gov/factsheets/VitaminA-Consumer/
[2] Harvard T.H. Chan School of Public Health, The Nutrition Source: Nuts for the Heart, https://nutritionsource.hsph.harvard.edu/nuts-for-the-heart/

Recipe adapted from Iowa State University Extension and Outreach, Spend Smart. Eat Smart.: https://spendsmart.extension.iastate.edu/recipe/chocolate-surprise-cupcakes/. Nutrition per serving and cost as published by the source; method rewritten. General information, not medical advice.

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