

# Recipe



## County information

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This recipe provided by the Ohio SNAP-Ed Nutrition Education Program

Prep Time:	10 minutes
Cook Time:	20 minutes
Serving Size:	24 cupcakes

<b>Nutrients Per Serving:</b> Calories 117.	
Protein	2 g, Carbohydrate 18 g,
Dietary Fiber	1 g, Total Fat 5 g,
Saturated Fat	1 g, Sodium 189 mg



## Chocolate Surprise Cupcakes

### INGREDIENTS

1 can (15 ounces ) pumpkin  
1 box (18 ounces) chocolate  
cake mix  
3 eggs  
3/4 cup (6 ounces) apple juice

\*\* Optional 1/2 cup walnuts

### DIRECTIONS

1. Preheat oven to 350 degrees. Grease or line muffin tins
2. Combine the pumpkin, cake mix, eggs and apple juice in a large mixing bowl.
3. Beat the batter well. Fill muffin tins 2/3 full of batter. Sprinkle with walnuts if using.
4. Bake according to the package direction for cupcakes. (about 20 minutes)
5. Cupcakes are done when a toothpick inserted into the cupcake comes out clean.
6. Let cook on rack for 5 -10 minutes, remove from muffin tin.

You can use a white or spice cake mix with 1 tablespoon of cinnamon or pumpkin pie spice added to the batter.

A 1/3 measuring cup works well to scoop batter into muffin tins.

### Source:

Iowa State Extension

For other healthy, low-cost recipes, visit  
[www.whatscooking.fns.usda.gov](http://www.whatscooking.fns.usda.gov)



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