



Weight Loss Vanilla Graham Cracker Pineapple Cupcakes With Creamy Caramel Frosting

Ingredients

Cake

- 1 box yellow cake mix
- 1 cup canned juice-packed crushed pineapple
- 1/4 cup vegetable oil (can sub with apple sauce)
- 9 tbsp egg whites
- 1 tsp pure vanilla extract
- 1 tsp pure almond extract
- 1 cup water

Frosting

- 3/4 low fat cream cheese
- 3/4 cup of granulated brown sugar
- 4 tbsp sugar free caramel sauce

Directions

1. Preheat the oven to 350 degrees F.
2. Line a 12-cupcake pan with paper liners.
3. For the cake: Mix together water, cake mix, pineapple, vegetable oil (or apple sauce), egg whites, and extracts.
4. Divide the batter evenly among the cupcake liners, filling each about half way full.
5. Bake 20-25 minutes at 350 degrees, or until you can stick a toothpick in the center, and pull it out clean.
6. Let cupcakes cool *completely*. While letting the cupcakes cool, make the frosting.
7. For the frosting: Combine the cream cheese, brown sugar, and sugar-free caramel sauce in a large bowl.
8. Beat with an electric mixer until stiff peaks form, and then transfer into a pastry bag (or Ziplock bag) fitted with a wide tip. You can also spread with a knife, but it's not as easy to measure.
9. Pipe 2 tablespoons of frosting onto each cupcake. If the frosting is runny, chill in the refrigerator for 10 to 15 minutes to stiffen.

Nutrition Facts

Servings: 12

Cal: 223

Fat: 5 g

Carbs: 17 g

Sugar: 12 g

Protein: 5 g