

[Pumpkin surprise cupcakes](#)



Recipe credit

Inspired by the Food.com's Weight Watchers [Pumpkin Cupcakes](#)

About this recipe

Serves

24

Serving size

1 cupcake

Time to make

5 minutes preparation; 20 minutes cook time

Special criteria

[Vegetarian recipes](#)

Ingredients

- 1 15-ounce can pumpkin
- 1 18-ounce box carrot cake mix
- Non-stick cooking spray or shortening

Directions

1. Preheat oven to 350 degrees F. Grease or spray muffin tins.
2. Combine the pumpkin and cake mix in a large mixing bowl. Beat batter well.
3. Fill muffin tins 2/3 full of batter.
4. Bake according to package directions for cupcakes (about 20 minutes).
5. Cupcakes are done when a toothpick inserted into a cupcake comes out clean.
6. Let cool on rack for 5-10 minutes. Remove from tin.

Tips and variations

- For variety, you can try stirring in different seasonings (cinnamon, nutmeg, pumpkin pie spice, etc.) or dried fruits (raisins, etc.).
- If the batter seems too thick, stir in a small amount of water (1 tablespoon at a time).
- Use paper muffin liners to reduce clean-up time.

Nutritional info

Calories

89

Total fat

1 g

Saturated fat

0 g

Cholesterol

0 mg

Sodium

134 mg

Total carbohydrates

19 g

Dietary fiber

1 g

Protein

1 g

Total sugar

9 g

Allergens

Wheat

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