



Pumpkin Spice Cupcakes



1/12th of recipe (1 cupcake): 141 calories, 4.5g total fat (2.5g sat fat), 271mg sodium, 22.5 carbs, 1g fiber, 13g sugars, 2.5g protein

Freestyle™ [SmartPoints®](#) value 6*

[SmartPoints®](#) value 6*

Prep: 20 minutes **Cook:** 20 minutes

Cool: 35 minutes



Tagged: [Dessert Recipes](#), [Four or More Servings](#)

Ingredients

Frosting

1/2 cup reduced-fat cream cheese
1/4 cup [light butter or light buttery spread](#) (like Brummel & Brown), room temperature
1/4 tsp. vanilla extract
1/3 cup powdered sugar

Cupcakes

1 3/4 cups moist-style spice cake mix
1 cup canned pure pumpkin
1/3 cup egg whites or fat-free liquid egg substitute (like Egg Beaters Original)
1/2 tsp. baking powder
1/8 tsp. salt
1/8 tsp. cinnamon
1/8 tsp. pumpkin pie spice
Dash nutmeg

Topping

1/8 tsp. pumpkin pie spice

Directions

Preheat oven to 350 degrees. Line a 12-cup muffin pan with foil baking cups, or spray it with nonstick spray.

In a large bowl, combine all frosting ingredients *except* powdered sugar. With an electric mixer set to medium speed, beat until smooth, 1 - 2 minutes. Continue to beat while gradually adding powdered sugar. Beat until smooth, another 1 - 2 minutes. Cover and refrigerate.

In another large bowl, combine all cupcake ingredients, and mix until smooth and uniform. Evenly distribute batter among the cups of the muffin pan.

Bake until a toothpick inserted into the center of a cupcake comes out clean, 16 - 18 minutes.

Let cool completely, about 10 minutes in the pan and 25 minutes out of the pan.

Evenly frost cupcakes, and top with pumpkin pie spice.

MAKES 12 SERVINGS

[SmartPoints®](#) value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints®](#) values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The [SmartPoints®](#) values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints®](#) trademark.