3-Ingredient Spice Cake Muffins

Click here for a video demo!

1/12th of recipe (1 muffin): 177 calories, 2.5g total fat (1g sat fat), 270mg sodium, 37g carbs, 1.5g fiber, 21g sugars, 2g protein

Green Plan SmartPoints® value 7*
Blue Plan (Freestyle™) SmartPoints® value 7*
Purple Plan SmartPoints® value 7*

Prep: 5 minutes Cook: 20 minutes

Cool: 35 minutes

Ingredients

1 box moist-style spice cake mix (15.25 - 18.25 oz.)
One 15-oz. can pure pumpkin (not pumpkin pie filling!)
2 tbsp. powdered sugar

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 cake mix with pumpkin until completely smooth and uniform. (Batter will be thick.)

Evenly distribute batter among the cups of the muffin pan.

Bake until a toothpick inserted into the center of a muffin comes out mostly clean, about 20 minutes.

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

Sprinkle with powdered sugar.

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.

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