



Chocolate PB Pretzel Cupcakes



1/12th of recipe (1 cupcake): 135 calories, 4g total fat (1g sat fat), 273mg sodium, 22.5g carbs, 0.5g fiber, 12g sugars, 3g protein

Green Plan [SmartPoints](#)® value 6*

Blue Plan (Freestyle™) [SmartPoints](#)® value 6*

Purple Plan [SmartPoints](#)® value 6*

Prep: 20 minutes **Cook:** 25 minutes



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

Ingredients

- 1 3/4 cups moist-style devil's food cake mix
- 1/2 cup fat-free liquid egg substitute
- 3/4 tsp. baking powder
- 1/2 cup Cool Whip Free (thawed)
- 1/4 cup reduced-fat peanut butter, room temperature
- 2 tbsp. light chocolate syrup
- 1 tbsp. chocolate frosting, room temperature
- 12 small hard pretzel sticks, broken into small pieces

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, whisk cake mix, egg substitute, baking powder, and 1 cup water. Evenly distribute among cups of the muffin pan.

Bake until a toothpick inserted into the center of a cupcake comes out mostly clean, 23 - 25 minutes.

Let cool completely.

In a small bowl, thoroughly mix Cool Whip with peanut butter. In another small bowl, mix syrup with frosting.

Spread cupcakes with peanut butter mixture, drizzle with syrup mixture, and sprinkle with pretzel pieces.

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.