



## Goopy-Good German Chocolate Cupcakes



1/12th of recipe (1 cupcake): 138 calories, 3g total fat (1.5g sat. fat), 258mg sodium, 25.5g carbs, 1g fiber, 15g sugars, 2.5g protein

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**Prep:** 15 minutes    **Cook:** 20 minutes



### Ingredients

1/4 cup fat-free or light caramel dip  
1 tbsp. finely chopped pecans  
2 tbsp. shredded sweetened coconut  
Half a sugar-free caramel pudding snack with 60 calories or less  
2 tbsp. mini semi-sweet chocolate chips  
2 packets hot cocoa mix with 20 to 25 calories each  
1 tsp. granulated white sugar or Splenda No Calorie Sweetener (granulated)  
1/8 tsp. salt  
1 3/4 cups moist-style devil's food cake mix  
1/2 cup fat-free liquid egg substitute

### Directions

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

In a small bowl, thoroughly mix caramel dip, pecans, coconut, and pudding. Cover and refrigerate.

In a glass, combine chocolate chips, cocoa mix, sugar or Splenda, and salt. Add 1/4 cup very hot water, and stir until ingredients have dissolved.

Transfer mixture to a large bowl and add 3/4 cup cold water.

Add cake mix and egg substitute. Whisk until smooth.

Evenly distribute batter among cups of the muffin pan. Bake until a toothpick inserted into the center of a cupcake comes out mostly clean, 15 to 18 minutes.

Let cool completely.

Evenly top with caramel mixture, serve, and enjoy!

### MAKES 12 SERVINGS

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