



HG's Goopy Gingerbread Cupcakes



1/12th of recipe (1 cupcake): 150 calories, 4.5g total fat (2.5g sat fat), 234mg sodium, 25.5g carbs, 0.5g fiber, 15.5g sugars, 2.5g protein

Green Plan [SmartPoints](#)® value 7*

Blue Plan (Freestyle™) [SmartPoints](#)® value 7*

Purple Plan [SmartPoints](#)® value 7*

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

Cool: 35 minutes



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

Ingredients

Frosting

1/2 cup reduced-fat cream cheese
1/4 cup light butter or light buttery spread (like I Can't Believe It's Not Butter! Light or Brummel & Brown)
1/2 tsp. cinnamon
1/4 tsp. vanilla extract
1/3 cup powdered sugar

Cupcakes

1 3/4 cups moist-style spice cake mix (about half a box)
1/2 cup egg whites or fat-free liquid egg substitute
1/4 cup unsweetened applesauce
3 tbsp. molasses
1 tsp. vanilla extract
1 tsp. cinnamon
3/4 tsp. ground ginger
1/8 tsp. ground nutmeg
Optional topping: cinnamon

Directions

Preheat oven to 350 degrees. Line a 12-cup muffin pan with 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. Whisk 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.

Spread with frosting.

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.