



Tie-Dye-For Cupcakes



1 frosted cupcake (1/12th of recipe): 135 calories, 3g total fat (1g sat. fat), 231 sodium, 25g carbs, <0.5g fiber, 15g sugars, 1.5g protein

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

Cool: 25 minutes

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Ingredients

1/3 cup vanilla frosting
1 sugar-free vanilla pudding snack with 60 calories or less (like the kind by Jell-O)
1 3/4 cups moist-style white cake mix
1/2 cup fat-free liquid egg substitute (like [Egg Beaters Original](#))
3/4 tsp. baking powder
2 tbsp. rainbow sprinkles
5 drops red food coloring
5 drops blue food coloring
5 drops yellow food coloring

Directions

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

In a medium bowl, mix frosting with pudding until smooth and uniform. Cover and refrigerate.

In a large bowl, combine cake mix, egg substitute, and baking powder. Add 3/4 cup water, and whisk until smooth.

Stir in 1 tbsp. sprinkles. Evenly distribute batter among 3 medium bowls.

Mix a different food coloring into the batter in each bowl until uniform.

Evenly distribute red batter among the cups of the muffin pan. Repeat with blue batter, followed by yellow batter, so that each cup has three layers.

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

Let cupcakes cool completely, about 10 minutes in the pan and 15 minutes out of the pan.

Spread cupcakes with frosting mixture, and sprinkle with remaining 1 tbsp. sprinkles. Enjoy!

MAKES 12 SERVINGS

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