



Cupcake Recipes

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Tip: To improvise a double boiler, set a medium metal bowl over a large saucepan containing 2 inches of simmering water.

Apple Cupcakes with Cinnamon-Marshmallow Frosting

Makes: 12 cupcakes

Active time: 1 hour | **Total:** 2½ hours (including cooling time)

To make ahead: Store unfrosted cupcakes airtight at room temperature for up to 1 day.

Equipment: 12 (½-cup) muffin cups

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Shredded apple replaces some of the oil and keeps the cake moist in these cinnamon-spiked cupcakes. There is a generous amount of fluffy marshmallow frosting to mound or pipe on top for a festive look. Be sure to frost them right after you make the frosting—it stiffens as it stands and becomes more difficult to spread.

Cupcakes

- 1½ cups shredded peeled apples
- ½ cup diced dried apples
- 3 tablespoons packed light brown sugar, plus ¾ cup, divided
- 1 teaspoon ground cinnamon, divided
- ⅓ cup canola oil
- 2 large eggs
- 1 teaspoon vanilla extract
- ¾ cup whole-wheat pastry flour
- ¾ cup cake flour
- ¾ teaspoon baking soda
- ¼ teaspoon salt
- ½ cup nonfat buttermilk

Frosting

- 1 cup light brown sugar
- ¼ cup water
- 4 teaspoons dried egg whites (*see Note*), reconstituted according to package directions (equivalent to 2 egg whites)
- ¼ teaspoon cream of tartar
- Pinch of salt
- 1 teaspoon vanilla extract
- ½ teaspoon ground cinnamon, plus more for garnish

1. To prepare cupcakes: Preheat oven to 350°F. Line 12 (½-cup) muffin cups with cupcake liners or coat with cooking spray.

2. Combine shredded and dried apples in a bowl with 3 tablespoons brown sugar and ¼ teaspoon cinnamon. Set aside. Beat oil and the remaining ¾ cup brown sugar in a large mixing bowl with an electric mixer on medium speed until well combined. Beat in eggs one at a time until combined. Add vanilla, increase speed to high and beat for 1 minute.

3. Whisk whole-wheat flour, cake flour, baking soda, salt and the remaining ¾ teaspoon cinnamon in a medium bowl.

4. With the mixer on low speed, alternately add the dry ingredients and buttermilk to the batter, starting and ending with dry ingredients and scraping the sides of the bowl as needed, until just combined. Stir in the reserved apple mixture until just combined. Divide the batter among the prepared muffin cups. (The cups will be full.)

5. Bake the cupcakes until a toothpick inserted into the center of a cake comes out clean, 20 to 22 minutes. Let cool on a wire rack for at least 1 hour before frosting.

6. To prepare frosting: Bring 2 inches of water

to a simmer in the bottom of a double boiler (*see Tip, above*). Combine 1 cup brown sugar and ¼ cup water in the top of the double boiler. Heat over the simmering water, stirring, until the sugar has dissolved, 2 to 3 minutes. Add reconstituted egg whites, cream of tartar and pinch of salt. Beat with an electric mixer on high speed until the mixture is glossy and thick, 5 to 7 minutes. Remove the top pan from the heat and continue beating for 1 minute more to cool. Add vanilla and ½ teaspoon cinnamon and beat on low just to combine. Spread or pipe the frosting onto the cooled cupcakes and sprinkle cinnamon on top, if desired.

Per cupcake: 267 calories; 7 g fat (1 g sat, 4g mono); 35 mg cholesterol; 48 g carbohydrate; 29 g added sugars; 4 g protein; 2 g fiber; 188 mg sodium; 73 mg potassium.

Carbohydrate Servings: 3

Exchanges: 1 starch, 2 other carbohydrates, 1 fat

Note: Dried egg whites are pasteurized so this product is a wise choice in dishes that call for an uncooked meringue. Look for brands like Just Whites in the baking or natural-foods section of most supermarkets.



Blueberry Cupcakes

Makes: 12 cupcakes

Active time: 45 minutes | **Total:** 2¼ hours (including cooling time)

To make ahead: Store unfrosted cupcakes airtight at room temperature for up to 1 day.

Equipment: Muffin tin with 12 (½-cup) cups, paper liners

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The “secret ingredient” in these coconut-infused blueberry cupcakes—mashed potatoes—gives the cake great texture, almost like pound cake. The fluffy frosting is just fun. Because it’s low in calories and fat, you can spread or pipe a generous amount on top of each cupcake to make them look extra festive. The frosting stiffens as it stands, so be sure to put it on the cupcakes right after you make it.

Cupcakes

- 1 large Yukon Gold potato, peeled and cut into small chunks
- ¾ cup whole-wheat pastry flour (see **Notes**)
- ¾ cup cake flour
- 1½ teaspoons baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- ¾ cup granulated sugar
- ¼ cup canola oil
- 1 large egg
- ½ teaspoon coconut extract or vanilla extract
- ½ cup nonfat buttermilk (see **Tip, above**)
- 1 cup blueberries, fresh or frozen (thawed and drained), plus fresh blueberries for garnish

Frosting

- ¾ cup granulated sugar
- 3 tablespoons water
- 4 teaspoons dried egg whites (see **Notes**), reconstituted according to package directions (equivalent to 2 egg whites)
- ¼ teaspoon cream of tartar
- Pinch of salt
- 2-3 tablespoons blueberry preserves or jam
- ¼ teaspoon coconut extract or vanilla extract

1. To prepare cupcakes: Preheat oven to 350°F. Line 12 (½-cup) muffin cups with paper liners.

2. Place potato in a saucepan, add water to cover and bring to a boil. Cook until tender, 8 to 10 minutes. Drain and mash until very smooth. Measure out ¾ cup and let cool slightly. (You may have some potato left over.)

3. Whisk whole-wheat flour, cake flour, baking powder, baking soda and ½ teaspoon salt in a medium bowl.

4. Beat granulated sugar and oil in a large mixing bowl with an electric mixer on medium speed until combined. Beat in egg, ½ teaspoon extract and the ¾ cup mashed potatoes until combined. With the mixer on low, alternately mix in the dry ingredients and buttermilk, starting and ending with dry ingredients and scraping the sides of the bowl as needed, until just combined. Fold in 1 cup blueberries. Divide the batter among the prepared cups (they will be full).

5. Bake the cupcakes until a toothpick inserted into the center comes out clean, 22 to 24 minutes. Transfer to a wire rack and let cool completely.

6. To prepare frosting: Once the cupcakes are cool, bring 2 inches of water to a simmer in the bottom of a double boiler (see **Tip, page 2**). Combine ¾ cup granulated sugar and 3 tablespoons water in the top of the double boiler. Place over the simmering water and heat, stir-

Tip: No buttermilk? You can make “sour milk” as a substitute: mix 1½ teaspoons lemon juice or vinegar to ½ cup nonfat milk.

ring, until the sugar is melted, 2 to 3 minutes. Start beating the mixture with an electric mixer on high speed; add reconstituted egg whites, cream of tartar and a pinch of salt. Continue beating until the mixture looks like a glossy, thick frosting, 5 to 7 minutes. Off the heat, beat for 1 minute more to cool. Add 2 tablespoons (or more, depending on desired color) blueberry preserves (or jam) and ¼ teaspoon extract and beat on low just to combine. Spread or pipe the frosting on the cooled cupcakes and decorate with fresh blueberries on top, if desired.

Per cupcake: 206 calories; 1 g fat (0 g sat, 3 g mono); 18 mg cholesterol; 47 g carbohydrate; 27 g added sugars; 3 g protein; 1 g fiber; 439 mg sodium; 156 mg potassium.

Carbohydrate Servings: 3

Exchanges: 3 carbohydrate (other), 1 fat

Notes: Look for whole-wheat pastry flour in the natural-foods section of large supermarkets and natural-foods stores. Store in the freezer.

Pasteurized dried egg whites are a wise choice in recipes that call for uncooked egg whites. Look for brands like Just Whites in the baking or natural-foods section of most supermarkets.



Chocolate-Cherry Cupcakes

Makes: 12 cupcakes

Active time: 40 minutes | **Total:** 3 hours (including cooling and chilling time)

To make ahead: Cover and refrigerate the frosting (Step 5) for up to 3 days. Store cooled cupcakes airtight at room temperature for up to 1 day.

Equipment: Muffin tin with 12 (½-cup) cups, paper liners

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The chopped cherries blend into the ultra-rich chocolate cake, giving these cupcakes a slight cherry flavor while keeping it super-moist with little added oil. The combination of reduced-fat cream cheese and sour cream gives the frosting cheesecake-like flavor with about 40 calories and 3 grams saturated fat less than a traditional cream cheese frosting.

Cupcakes

- ¾ cup whole-wheat pastry flour
(see *Note*, page 3)
- ¾ cup cake flour
- ½ cup unsweetened cocoa powder
- 1½ teaspoons baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- ¾ cup granulated sugar
- ¼ cup canola oil
- 1 large egg
- 1 teaspoon vanilla extract
- ½ cup nonfat buttermilk (see *Tip*, page 3)
- 1½ cups chopped pitted cherries, fresh or frozen (thawed and drained), plus 12 fresh cherries with stems for garnish

Frosting

- 6 ounces reduced-fat cream cheese (Neufchâtel), at room temperature
- ½ cup reduced-fat sour cream
- 1 cup packed confectioners' sugar

1. To prepare cupcakes: Preheat oven to 350°F. Line 12 (½-cup) muffin cups with paper liners.

2. Whisk whole-wheat flour, cake flour, cocoa, baking powder, baking soda and salt in a medium bowl.

3. Beat granulated sugar and oil in a large mixing bowl with an electric mixer on medium speed until combined. Beat in egg and vanilla until well combined. With the mixer on low, alternately mix in the dry ingredients and buttermilk, starting and ending with dry ingredients and scraping the sides of the bowl as needed, until just combined. Fold in chopped cherries until just combined. Divide the batter among the prepared cups (they will be full).

4. Bake the cupcakes until a toothpick inserted into the center comes out clean, 22 to 26 minutes. Transfer to a wire rack and let cool completely.

5. To prepare frosting: Meanwhile, beat cream cheese, sour cream and confectioners' sugar with an electric mixer until smooth. Refrigerate the frosting until very cold, about 2 hours. Spread the frosting on the cooled cupcakes and decorate with a cherry on top, if desired.

Per cupcake: 269 calories; 10 g fat (3 g sat, 4 g mono); 32 mg cholesterol; 42 g carbohydrate; 23 g added sugars; 5 g protein; 3 g fiber; 286 mg sodium; 150 mg potassium.

Carbohydrate Servings: 3

Exchanges: 3 carbohydrates (other), 2 fat



Raspberry-Swirl Cupcakes

Makes: 12 cupcakes

Active time: 40 minutes | **Total:** 3 hours (including cooling and chilling time)

To make ahead: Cover and refrigerate the frosting (Step 7) for up to 3 days. Store cooled cupcakes airtight at room temperature for up to 1 day. | **Equipment:** Muffin tin with 12 (½-cup) cups, paper liners

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These raspberry-lemon cupcakes are topped with an easy cream cheese frosting tinted pink with a little raspberry puree. For those unaccustomed to the mildly nutty flavor of whole-wheat flour (used in these cupcakes), the flavor of the raspberry puree swirled into the lemony cake makes the wheat flavor undetectable.

Cupcakes

- 2 cups raspberries, fresh or frozen (thawed and drained), plus 12 fresh berries for garnish (about 12 ounces total)**
- 1 tablespoon plus ¾ cup granulated sugar, divided**
- ¾ cup whole-wheat pastry flour (see Note, page 3)**
- ¾ cup cake flour**
- 1½ teaspoons baking powder**
- ½ teaspoon baking soda**
- ½ teaspoon salt**
- ¼ cup canola oil**
- 2 large eggs**
- 1 teaspoon vanilla extract**
- 1 teaspoon freshly grated lemon zest**
- ½ cup nonfat buttermilk (see Tip, page 3)**

Frosting

- 8 ounces reduced-fat cream cheese (Neufchâtel), at room temperature**
- 1 cup packed confectioners' sugar**
- ½ teaspoon freshly grated lemon zest**

1. To prepare cupcakes: Preheat oven to 350°F. Line 12 (½-cup) muffin cups with paper liners; coat the liners with cooking spray.

2. Puree 2 cups raspberries and 1 tablespoon granulated sugar in a blender or food processor until smooth. Strain through a fine-mesh sieve into a small bowl, pressing with a rubber spatula to extract all the puree; discard seeds. Reserve 4 teaspoons of the puree for the frosting.

3. Whisk whole-wheat flour, cake flour, baking powder,

baking soda and salt in a medium bowl.

4. Beat ¾ cup granulated sugar and oil in a large mixing bowl with an electric mixer on medium speed until combined. Beat in eggs, vanilla and 1 teaspoon lemon zest until well combined. With the mixer on low, alternately mix in the dry ingredients and buttermilk, starting and ending with dry ingredients and scraping the sides of the bowl as needed, until just combined.

5. Fill the prepared cups half full of batter. Place a scant tablespoon of raspberry puree on each cup (you may have some left over). Divide the remaining batter evenly among the cups. Use a wooden skewer or toothpick to swirl and fold the puree into the batter.

6. Bake the cupcakes until a toothpick inserted into the center comes out clean, 22 to 24 minutes. Transfer to a wire rack and let cool completely.

7. To prepare frosting: Meanwhile, beat cream cheese, confectioners' sugar, ½ teaspoon lemon zest and the reserved 4 teaspoons raspberry puree with an electric mixer until smooth. Refrigerate the frosting until very cold, at least 2 hours. Spread the frosting on the cooled cupcakes and decorate with a raspberry on top, if desired.

Per cupcake: 272 calories; 10 g fat (3 g sat, 4 g mono); 49 mg cholesterol; 41 g carbohydrate; 24 g added sugars; 5 g protein; 2 g fiber; 486 mg sodium; 85 mg potassium.

Carbohydrate Servings: 3

Exchanges: 3 carbohydrates (other), 2 fat



Tip: If you don't have a vanilla bean, use 1 tablespoon vanilla extract in Step 3 instead.

Vanilla Cupcakes with Chocolate Frosting

Makes: 12 cupcakes

Active time: 1 hour | **Total:** 3 hours (including cooling and chilling time)

To make ahead: Cover and refrigerate the frosting (Step 5) for up to 3 days. Beat cold frosting with an electric mixer to make it more spreadable, if desired. Store cupcakes airtight at room temperature for up to 1 day. | **Equipment:** Muffin tin with 12 (½-cup) cups, paper liners.

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These vanilla-infused cupcakes are made with applesauce as a fat-replacer for butter that's traditionally part of vanilla cake batter. Thickened evaporated milk works as a great base for the rich and creamy chocolate frosting. Dark chocolate lovers, be sure to use bittersweet chocolate.

Cupcakes

- 1 cup whole-wheat pastry flour
(see Note page 3)
- 1 cup cake flour
- 1 teaspoon baking soda
- ½ teaspoon salt
- 1 cup granulated sugar
- ¼ cup canola oil
- 1 whole vanilla bean, split lengthwise
(see Tip, left)
- ½ cup unsweetened applesauce
- 1 large egg
- 1 large egg yolk
- 1 teaspoon vanilla extract
- 1 12-ounce can low-fat evaporated milk,
divided

Frosting

- ¼ cup all-purpose flour, sifted
- Pinch of salt
- 2 ounces bittersweet or semisweet
chocolate, finely chopped
- 1 cup packed confectioners' sugar, sifted
- 2 tablespoons unsweetened cocoa powder
- 1 teaspoon vanilla extract
- Sprinkles for decoration

1. **To prepare cupcakes:** Preheat oven to 350°F. Line 12 (½-cup) muffin cups with paper liners.
2. Whisk whole-wheat flour, cake flour, baking soda and ½ teaspoon salt in a medium bowl.
3. Beat granulated sugar and oil in a large mixing bowl with an electric mixer on medium speed

until combined. Scrape the black paste out of the vanilla bean into the sugar mixture. Add applesauce, egg, egg yolk and vanilla extract and beat until well combined. With the mixer on low, alternately mix in the dry ingredients and ½ cup evaporated milk, starting and ending with dry ingredients and scraping the sides of the bowl as needed, until just combined. Divide the batter among the prepared cups (they will be full).

4. Bake the cupcakes until a toothpick inserted into the center comes out clean, 20 to 22 minutes. Transfer to a wire rack and let cool completely.

5. **To prepare frosting:** Meanwhile, whisk ¾ cup of the remaining evaporated milk, all-purpose flour and a pinch of salt in a small saucepan until no flour lumps remain. Cook over medium heat, whisking constantly, until it looks like a thick, stiff paste, 2 to 5 minutes. Remove from the heat and continue whisking for about 30 seconds to cool slightly. Whisk in chocolate until completely melted. Transfer to a medium bowl. Add confectioners' sugar, cocoa and vanilla and beat with an electric mixer until smooth and creamy. Refrigerate the frosting until thickened and cold, about 2 hours. Spread the frosting on the cooled cupcakes and decorate with sprinkles, if desired.

Per cupcake: 295 calories; 8 g fat (2 g sat, 3 g mono); 40 mg cholesterol; 52 g carbohydrate; 30 g added sugars; 5 g protein; 2 g fiber; 253 mg sodium; 134 mg potassium.

Carbohydrate Servings: 3½

Exchanges: 3 ½ carbohydrate (other), 1½ fat

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A recipe checked...



has limited saturated fat.



is low in calories and meets limits for Carbohydrate Servings.



has reduced calories (and limited saturated fat).



does not contain wheat, rye, barley or oats.

(Many processed foods, such as broths, soy sauce and other condiments, may contain hidden sources of gluten. If a recipe calls for a packaged [e.g., canned] ingredient, we recommend that you carefully read the label to make sure you pick a brand that does not contain a hidden source of gluten. Also, please note that while a recipe may be marked "Gluten Free," the serving suggestions that accompany it may contain gluten.)

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