



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

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

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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

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