

Caramel Apple Pie

Moist yellow cake, spiced to high heaven and filled with apples

These are seriously amaze-balls. Spiced yellow cake, filled with chunks of sauteed granny smith and honey crisp apples. Topped with cinnamon cream cheese and drizzled with caramel. It's a shame this isn't a scratch and sniff book.

Serving Info.:

YIELDS: 26 cupcakes

Servings: 26

Serving Size: 1 cupcake



Range

2-2

- last checked 01/18/22 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.

Ingredients:

Cake:

- 1 Pillsbury sugar free yellow cake mix
- 2 large eggs OR 2 egg whites, if your plan has points for eggs.
- 1 tsp baking powder
- 1-1/2 tsp ground cinnamon
- 1/2 tsp nutmeg
- 1/4 tsp ground allspice
- 1/2 tsp ground cardamom (OPTIONAL, it's hard to find)
- 1-1/4 cup 0 point carbonated beverage (seltzer water, club soda, diet soda, etc.)
- 1 tsp maple extract (found by the vanilla extract)
- SPICED APPLE MIXTURE (see below)

SPICED APPLE MIXTURE:

- Butter flavored cooking spray, 0 point amount
- 1 LARGE honeycrisp apple, peeled and diced into small pieces
- 1 LARGE granny smith apple, peeled and diced into small pieces (the 2 apples chopped up together make about 2.5 cups of diced apples)
- 1-1/2 Tbsp sugar free maple (pancake) syrup
- 1 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- 1/8 tsp ground allspice
- 1/2 cup water
- 1/4 cup 0 calorie sugar replacement o' choice (lakanto monkfruit, stevia, etc)
- 1/2 tsp maple or caramel extract

FROSTING:

- 1-3/4 cups cream cheese substitute, recipe in my "Cookbook: Volume 1" page 36.
- 3/4 cup 0 point confectioner's/powdered sugar substitute
- 1/2 tsp ground cinnamon
- 1 tsp Watkin's cream cheese flavor extract (or vanilla extract)

CUPCAKE TOPPING:

- 20 pieces Werther's Original Sugar Free Chewy Caramel Candies
- 2 Tbsp water, plus more if needed
- 1/4 tsp ground cinnamon
- 1 tsp 0 calorie confectioner's sugar replacement



Directions:

- 1 Preheat oven to 325.
- 2 Line cupcake pans with foil cupcake liners (NOT PAPER). Set aside.

*** SPICED APPLE DIRECTIONS:

- 3 In a decent sized pan, combine the diced apples, pancake syrup, cinnamon, nutmeg, allspice, water, sweetener and maple extract, then spray with a good 0 point amount of butter flavored cooking spray. Bring to a simmer, over medium heat and allow to cook for 5-10 minutes, or until the apples are fairly tender and most of the liquid has reduced. Set aside and allow to cool. Use additional sweetener if desired.

*** CAKE DIRECTIONS:

- 4 In large mixing bowl, mix together the cake mix, egg, baking powder, cinnamon, nutmeg, allspice, cardamom (if using), carbonated beverage o' choice and maple extract. Mix until well combined.
- 5 Fold the cooled **Spiced Apple** mixture into the batter.
- 6 Fill 24 cupcake liners with batter. If you have additional batter (it makes more than 26 cupcakes but I can't remember how many exactly), just keep on making cupcakes till you run out.
- 7 Bake at 325 for 22-26 minutes. Mine took 24 minutes.
- 8 Remove cupcake pans from the oven and allow to cool on counter for 5 minutes in the pans. Remove cupcakes and place onto a wire rack to cool completely.

*** Frosting Directions:

- 9 Take your strained suuuuper thick greek yogurt out of the fridge. It should now have the texture of firm cream cheese that is juuuuust spreadable. Put the "cream cheese" into a mixing bowl.
- 10 Add ALL of the other listed frosting ingredients into the mixing bowl with the thickened greek yogurt. Use an electric hand mixer to mix it. Pulse it at first so that you don't throw powdered sugar everywhere.... Seriously, if you start off on high speed your kitchen is going to look like a kilo of coke exploded. Set aside in the fridge.

*** ASSEMBLY

- 11 When your cupcakes are pretty much cooled, put all of the frosting into a gallon sized ziplock bag, squeeze all the frosting into one corner of the bag and use scissors to snip an index finger sized hole out of the bottom corner. Grats, you now have a piping bag on a budget.
- 12 Squeeze some of the frosting onto the top of each cupcake in a clockwise motion to create an upwards cone-like mound with the frosting.

*** CARAMEL SAUCE

- 13 Take ALL of the chewy caramel candies and 1 Tablespoon of water, put it all into a microwave safe dish, then microwave for 30 seconds.
- 14 Microwave again at 50% power for 30 seconds. Remove from microwave and use a spoon to press on the caramels to try to spread them a bit.
- 15 Repeat this process over and over at 30% power for 20 seconds at a time. Remove them, stir, then put them back in at 30% power a few more times until you can completely stir them around into a thick goopy caramel mixture. If it starts to firm up almost immediately, stir in extra water, 1/2 teaspoon at a time. You don't want it to seize up when it cools. You want a thick caramel sauce.
- 16 Scoop the caramel INTO a small ziplock bag, run all of the caramel to one corner, then use scissors to snip a tiny hole out of the bag's edge.
- 17 Move over all of the cupcakes, squirting the thick caramel over each and every one of them. It will firm up as it cools.
- 18 Lastly, mix together the 'topping' ground cinnamon and 0 calorie confectioners sugar. Place into a wire mesh strainer (or figure out some other way to do it) and liiiighly dust the tops of each cupcake. Done.

Notes:

- You can swap out the regular sweetener in the spiced apple mixture for 0 point brown sugar substitute, or simply add 1/4 tsp of molasses for a little 0 point subtleness. Using the 'brown sugar' will give the mix a richer flavor.
- Be advised, when making the caramel sauce, start off with just the 2 Tablespoons of water, when melting the caramels. If your sauce needs a little bit more water to it, add it 1 tsp at a time and stir. You don't want it too thick, or once it cools, it will be very hard to bite through. Letting it be a little runny is preferred.

