



Coconut Cream Pie

Cupcakes, Filled & Frosted with Coconut 'Cream Cheese' Pudding, Topped with Toasted Coconut

This is a completely brand new and revised recipe. My original one was posted over a year ago, but in truth, I always thought they could be better. I absolutely LOVE this revised recipe. By using strained greek yogurt, instead of fat free cream cheese for my frostings, I was able to free up a bunch of points for additional toasted coconut flakes and extract.

Ingredients:

Cake:

- 1 Pillsbury sugar free yellow cake mix
- 1/3 cup 0 point carbonated beverage (seltzer water, club soda, diet soda, etc.)
- 1 cup low calorie coconut beverage (*Soy Delicious coconut milk beverage, Silk coconut almond milk, etc...*)
For my cupcakes, I used 'Silk' almond coconut milk
- 3 large eggs
- 1 tsp baking powder
- 2-1/2 tsp imitation coconut extract

Filling & Frosting:

- 1 (1oz) box sugar free instant cheesecake pudding
- 1 (1oz) box sugar free instant vanilla pudding
- 1-1/3 cup low calorie coconut beverage (*Soy Delicious coconut milk beverage, Silk coconut almond milk, etc...*)
For my cupcakes, I used 'Silk' almond coconut milk
- 3 cups "cream cheese" substitute, recipe in my "Cookbook: Volume 1", page 36.
- 1-1/2 tsp imitation coconut extract
- 1 tsp Watkins cream cheese flavor extract (optional)

Topping:

- 3/4 cup unsweetened flaked coconut, toasted in a hot pan, till golden. Set aside.
(If you use sweetened, these'll go up 1 point)

Serving Info.:

YIELDS: 24 cupcakes
Servings: 24
Serving Size: 1 cupcake



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- last checked 11/18/22 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.

Directions:

- 1 Preheat oven to 325.
- 2 Line cupcake pans with FOIL cupcake liners. Set aside.

*** CAKE DIRECTIONS

- 3 In large mixing bowl, combine the cake mix, carbonated beverage o' choice, coconut beverage, egg, baking powder and coconut extract.
- 4 Fill the cupcake liners with batter, then bake at 325 degrees for 25 minutes.
- 5 Remove cupcake from the oven and allow to cool completely.

*** FILLING & FROSTING DIRECTIONS

- 6 In a mixing bowl, combine the contents of the 2 pudding boxes with the cold coconut beverage. Mix together, with an electric hand mixer, until thick and smooth. Set aside.
- 7 Add the "cream cheese" substitute and extracts to the mixing bowl with the pudding. Mix together until thick and creamy. Cover and place in the fridge to set.

*** Toppings:

- 8 Heat the coconut flakes in a saucepan over medium heat, stirring occasionally with a rubber spatula until you begin to notice they are juuuust starting to get a little toasted in coloring. **Immediately reduce the heat to low.**
- 9 Stir the flakes, then stop and let them stay put for 10 seconds, then stir... then stop and let them sit again for 10 seconds, then stir. 'Rinse and repeat' the process until the majority of flakes take on a nice toasted color, but don't burn 'em.
- 10 Remove from the pan and let cool/harden in a little dish. Set aside.

*** ASSEMBLY

- 11 When your cupcakes are cooled to room temperature, use a little spoon or utensil, to scoop out a cavity, down and into the middle of each cupcake. You want it to be about 3/4 inch wide.
- 12 Do whatever you want with the scooped out cake... I won't tell. Dailies be damned.
- 13 Put the frosting into a large ziplock bag, squeeze it all into one corner, then use scissors to snip a hole out of the bag's tip. Grats! You've made a piping bag! Wooot!
- 14 Pipe frosting into each cupcake, filling the cavities.
- 15 Using a circular motion, pipe frosting onto the top of the cupcakes, moving upwards as you get closer to the center, so that you can form a peak in the center.
- 16 Take your bowl of toasted coconut flakes and sprinkle them liberally over the cupcakes. By liberally, I don't mean "allow the flakes to start protesting and sitting in traffic, while decrying their mistreatment in the kitchen"... I mean, cover the cupcakes with a bunch o' flakes. Done.

Notes:

- If you would like the frosting to be even more light and delicious, mix in some 0 point confectioners/powdered sugar substitute, such as the Truvia "0 calorie" brand. I like the frosting just how it is... but some folks like it sweeter.
- **COCONUT FLAKES:** Though my recipe and points are calculated using unsweetened coconut flakes... here's some awesome news for'ya. You can actually use SWEETENED coconut flakes, if you want... and the first cupcake will STILL be 3 points on both the regular AND diabetic plans. But, uh... using sweetened coconut flakes kinda defeats the purpose for all of you diabetic chicos and chicas.

