

Peanut Butter & Jelly

Strawberry Jelly filled Cupcakes, with Peanut Butter Pudding Frosting

I... love... peanut butter and jelly sandwiches. That being said, since I started WW, I have RARELY ever had one because of how high in points they are. Even if you use low point bread, PB2 and sugar free jelly... you're still looking at 5-6 points. So you can imagine just how ecstatically happy I am about these. Would you rather have a 5-6 point PB&J sandwich, or a 3-4 point PB&J cupcake?

Serving Info.:

YIELDS: 24 cupcakes

Servings: 24

Serving Size: 1 cupcake



Range
3-3

- last checked 02/04/22 -
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 eggs, or 2 egg whites if you're on the Green plan
- 1-1/3 cup 0 point carbonated beverage (seltzer water, club soda, diet soda, etc.)
- 1 tsp baking powder

Strawberry "Jelly" Filling:

- 3 cups strawberries, fresh or frozen
- 1/2 cup water
- 1 (0.6oz) box sugar free strawberry gelatin
- 1/2 tsp strawberry extract (can use vanilla if unable to find strawberry extract)
- 1/4 cup sweetener of choice
- 1/2 tsp lemon juice
- 4 Tbsp cornstarch, dissolved with some water

Peanut Butter Butterscotch Pudding Frosting:

- 2 (1oz) boxes of sugar free instant butterscotch pudding
- 1-1/4 cup powdered peanut butter
- 1/8 tsp salt
- 1-3/4 cups COLD water, plus more if needed

Toppings:

- 1/3 cup salted roasted peanuts, chopped

Directions:

- 1 Preheat oven to 325.
- 2 Line cupcake pans with FOIL cupcake liners, no paper. Set aside.

*** CAKE DIRECTIONS

- 3 In large mixing bowl, combine the cake mix, egg, carbonated beverage o' choice and baking powder, until well mixed.
- 4 Fill 24 cupcake liners with batter, then bake at 325 for 22-25 minutes. Mine took 25.
- 5 Remove from oven and allow to cool to room temperature.

*** FILLING DIRECTIONS

- 6 In a sauce pot, heat the strawberries, water, gelatin, extract, sweetener and lemon juice. Bring to a low boil, turn down heat and allow to simmer for 3-4 minutes, so the fruit can soften and break down.
- 7 Use either a blender or an immersion blender to process the strawberry mixture until smooth. If you had to pour the puree into another container to do this, pour the puree back into the pot. Return it to a low simmer.
- 8 Pour the dissolved cornstarch into the bubbling puree, whisking as it thickens. Allow to simmer for 2-3 minutes, stirring and whisking continuously. Pour into a large bowl.
- 9 Allow the jelly to cool for 15 minutes, stir, then cover with plastic wrap. Place in the fridge to cool.

*** FROSTING DIRECTIONS

- 10 In a mixing bowl (I personally like using an empty 32oz Greek yogurt container for this), add the dry pudding, powdered peanut butter, salt and cold water.
- 11 Use an electric hand mixer to mix the ingredients until thick and smooth. Set aside in the fridge.

*** TOPPING DIRECTIONS

- 12 If you can't find bagged, chopped peanuts, use whole peanuts. Fill a 1/3 cup measuring scoop with the whole peanuts. Pour the peanuts into a ziplock bag, then...
- 13 Grab a kitchen mallet, a phone book, a typical receipt from CVS Pharmacy... and beat the everloving snot out of those peanuts. Go full-blown whack-a-mole on them.
- 14 Place the crushed bits of peanut destruction into a small bowl, set them aside for later.
- 15 Now that your kitchen looks like an episode of "Dexter" was filmed in it... catch your breath and get ready to put these low point morsels of PB&J glory together.

*** ASSEMBLY

- 16 When your cupcakes have cooled completely, scoop down into the middle of each one, creating a roughly 1 inch diameter cavity.

Filling Assembly:

- 17 Take your strawberry filling out of the fridge and scoop it into a large ziplock bag. Squeeze it all down to one corner of the bag, so that you can use it as a piping bag. Use scissors to snip a 1/2" hole from the bag's corner.
- 18 Pipe the filling down into each cupcake's cavity.

Frosting Assembly:

- 19 In a similar fashion, spoon the frosting into a ziplock bag and make a piping bag out of it as well. Pipe some frosting onto the top of each cupcake, in a circular motion, building it into rounded peaks.

Topping Assembly:

- 20 Using a measuring spoon, scoop 1/2 teaspoon of the crushed peanuts into your palm (trust me).
- 21 Use your other hand and pick up half of the mixture, then sprinkle it over the frosting of one cupcake. Sprinkle the other 1/2 onto another cupcake. Repeat until all of the cupcakes are covered.

** NOTES:

- If your local stores do not have strawberry extract, feel free to use vanilla.
- If you cannot find sugar free strawberry gelatin mix, you can also use raspberry, black cherry, or any other flavor.
- Make sure to give the hot strawberry puree a few hours in the fridge to set. It will continue to thicken as it cools. It will eventually have the texture of spreadable jam. You will end up with around 1/2 cup of leftover Jelly, which is 0 points.

