

Pumpkin Spice

Pumpkin spice cake topped with pumpkin spice frosting and caramel



I know how completely nutjob crazy you all go in Fall, once pumpkin spice lattes are back in season. I thought I should make a cupcake to go with your \$8 small, I mean "tall" hipster coffees, served by handle-bar mustached barristas.

I wanted to put a filling in these, but decided to try and keep them at no more than 2 points for the first one. There are so many people making simple 2 point plain cupcakes out of a can of pumpkin puree and some cake mix, so I wanted to show that you could make something completely over-the-top for the same low points. When Charlie Brown was looking for the Great Pumpkin, he really just wanted a low point and calorie cupcake. It's a Peanuts thing.

Serving Info.:

YIELDS: 24 cupcakes

Servings: 24

Serving Size: 1 cupcake



- last checked 02/04/22 -
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, no paper. Set aside.

Ingredients:

Cake:

- 1 Pillsbury sugar free yellow cake mix
- 2 eggs, OR egg whites, if eggs have points on your plan.
- 1/2 cup 0 point carbonated beverage (seltzer water, club soda, diet soda, etc.)
- 1 tsp baking powder
- 1-1/4 tsp pumpkin pie spice
- 1 tsp ground cinnamon
- 1 (15oz) can, pumpkin puree (Use a 0 point can. Scan it.)
- 1-1/2 tsp maple extract

Pumpkin Pie Spice Frosting:

- (1) 29-30oz can of pumpkin puree (Use a 0 point can. Scan it.)
- (1) 1oz box sugar free instant vanilla pudding
- (1) 1oz box sugar free instant butterscotch pudding***
- 1/2 cup Swerve 0 point confectioners/powdered sugar substitute**
- 3/4 tsp pumpkin pie spice
- 1/2 tsp ground cinnamon

Cupcake Topping:

- 1/4 cup Smucker's sugar free caramel sundae syrup
- 1/4 tsp ground cinnamon
- 1/2 tsp powdered sugar (or 0 point confectioners sugar replacement. You do you)

*** CAKE DIRECTIONS

- 3 In a large mixing bowl, combine the cake mix, egg, carbonated beverage o' choice, baking powder, pumpkin pie spice, cinnamon, pumpkin puree and the two extracts. Mix to combine..
- 4 Pour the batter into the cupcake liners to fill each one, then bake them at 325 for 20-25 minutes. Mine took 23.
- 5 Remove from oven and allow the cupcakes to cool to room temperature so that they don't melt the frosting.

*** FROSTING DIRECTIONS

- 6 In a large mixing bowl, use an electric hand mixer to mix the pumpkin puree, pudding packets, pumpkin pie spice, cinnamon, powdered sugar and pumpkin pie extract until smooth. If necessary, add a little bit of water to thin it. You are trying to get the consistency of softened cream cheese so that it will stay firm when used as a frosting.
- 7 Cover and set aside in the fridge.

*** TOPPING DIRECTIONS

- 8 Pour the caramel sundae sauce into a 1/4 cup measuring cup. Set aside.
- 9 Mix together the 1/4 tsp ground cinnamon with the 1/2 tsp confectioners/powdered sugar. Place into a fine mesh wire strainer, set over a small cup or dish. Set aside.

*** ASSEMBLY

- 10 Once the cupcakes are cooled and your pumpkin pie spiced frosting has had time to set up in the fridge, get ready for some cupcake bliss.
- 11 Spoon all of your frosting into a large gallon sized ziplock bag. Squeeze all of the frosting down towards a corner of the bag, then use a pair of scissors to snip a hole at the bottom tip of the bag.
- 12 In a circular motion, pipe the frosting onto each cupcake, moving in towards the middle and upwards to create a raised peak in the center.
- 13 When all of the cupcakes are frosted with the pudding mixture, take the wire mesh strainer that has the ground cinnamon in it, then gently tap it a few times over each cupcake. You want to lightly dust each cupcake.
- 14 In the same manner as the frosting, pour the caramel sauce into a small ziplock bag, but snip a tiny little hole out of the corner, so that the caramel doesn't just run out of it.
- 15 Drizzle a tiny bit of caramel sauce over the top of each cupcake.
- 16 Done.

** NOTES:

- If you're local grocery stores don't carry pumpkin extract, you can order it online from Walmart, then have it shipped for free to your local store for in-store pickup.
- If you can't find maple extract, can simply use vanilla, instead. Want to go full blown crazy train? Use McCormick's brand 'Pumpkin Pie Spice Extract'.
- Not ALL canned pumpkin purees are 0 points, a lot of them have added sugars and are higher in points. Make sure to scan the cans at your local store (located in the baking aisle). The Walmart "great value" brand is 0 points, as is Libby's and a few others. Canned pumpkin pie FILLING has lots of sugar added into it. You want puree.

