

# THIS WEEK'S RECIPE

As seen on hdnews.net



## Pumpkin Chip Cupcakes

(16 cupcakes)

- 1 cup all purpose flour
- ¾ cup whole wheat flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- ½ teaspoon salt
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- 2 eggs, slightly beaten
- 1 cup canned pumpkin
- ½ cup vegetable oil
- ½ cup honey
- 1/3 cup water
- ½ cup chopped walnuts or pecans (optional)
- ½ cup mini chocolate chips (optional)

In a large bowl combine the dry ingredients. Combine the eggs, pumpkin, oil, honey and water: mix well. Stir into dry ingredients just until combined: fold in nuts and chips. Fill greased or lined muffin cups about ¾ full. Bake at 350 degrees for 20 to 25 minutes or until a toothpick comes out clean. Cool for 10 minutes before removing from pans to wire rack to cool completely.

These could be frosted with cream cheese frosting.



### Nutrition Facts

Serving Size (70g)	
Servings Per Container	
<b>Amount Per Serving</b>	
<b>Calories</b> 160	Calories from Fat 70
% Daily Value*	
<b>Total Fat</b> 8g	<b>12%</b>
Saturated Fat 1g	4%
<b>Cholesterol</b> 25mg	<b>9%</b>
<b>Sodium</b> 200mg	<b>8%</b>
<b>Total Carbohydrate</b> 21g	<b>7%</b>
Dietary Fiber 2g	7%
Sugars 10g	
<b>Protein</b> 3g	
Vitamin A 80%	Vitamin C 2%
Calcium 2%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

### Location of Ingredients

(at Vine Street Dillon's)

- |                           |             |
|---------------------------|-------------|
| ITEM                      | AISLE       |
| Whole Wheat Flour.....    | #11         |
| Baking Powder .....       | #11         |
| Baking Soda .....         | #11         |
| Salt .....                | #11         |
| Ground Cinnamon .....     | #11         |
| Ground Nutmeg .....       | #11         |
| Eggs .....                | Dairy Dept. |
| Canned Pumpkin .....      | #11         |
| Vegetable Oil .....       | #11         |
| Honey .....               | #10         |
| Water .....               | Your Faucet |
| Walnuts Or Pecans.....    | #11         |
| Mini Chocolate Chips..... | #11         |

The nutrition facts label did not include nuts or chips in the cupcakes. Makes 16 cupcakes.



Cooking With Carla is proudly sponsored by:



Midwest Energy, Inc.

