



Chocolate Chip Spiced Cupcakes



Course: **desserts**
PointsPlus™ Value: **5**
Servings: **12**
Preparation Time: **10 min**
Cooking Time: **32 min**
Level of Difficulty: **Easy**

These flavor-packed cupcakes taste like old-fashioned ginger bread laced with chocolate chips. A treat for any fall occasion or holiday.

Ingredients

- 1 1/3 cup(s) whole wheat flour
- 2/3 cup(s) all-purpose flour
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp ground allspice
- 1/2 tsp ground cloves
- 1/4 tsp ground ginger
- 1/4 tsp freshly grated nutmeg
- 1/4 tsp table salt
- 2/3 cup(s) sugar
- 1 large egg(s)
- 1/2 cup(s) reduced-fat sour cream
- 1/2 cup(s) unsweetened applesauce
- 3/4 cup(s) fat-free skim milk, divided
- 1/2 cup(s) mini chocolate chips, divided

Instructions

Preheat oven to 325°F. Prepare a 12-whole cupcake tin with paper liners.

In a large bowl, combine both flours, baking powder, baking soda, allspice, cloves, ginger, nutmeg and salt; mix well to combine.

With an electric mixer, in a large bowl, beat sugar and egg until fluffy. Add sour cream and applesauce; beat again. Add about 1/3 of flour mixture and 1/4 cup of milk; mix to combine. Continue alternating flour mixture and milk until all ingredients are combined; fold in all but 1 tablespoon of chocolate chips. Pour batter into prepared tin, about 2/3 to 3/4 full each; sprinkle a few chips over each cupcake. Bake until a toothpick inserted in center of a cupcake comes out clean, about 27 to 32 minutes. Cool in pan for 5 minutes and then move to a wire rack to cool more. Yields 1 cupcake per serving.

Notes

Change the flavor by trading the chocolate chips for some caramel sauce or raisins. Or top the cupcakes with spiced whipped cream (could affect **PointsPlus** values).

You can also coat your pan with cooking spray and skip using the paper liners.

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