Low-Fat Cupcakes

NIBBLEDISH CONTRIBUTOR

Ingredients

for the cupcakes:
2-1/2 cups self-raisin flour
2 cups granulated sugar
2/3 cup unsweetened cocoa powder
1/2 tsp salt
2 tsp baking soda
6 tbsp unsweetened applesauce
2 1/4 cup skim milk
1 tsp pure vanilla extract

for the coconut filling:
1 cup light soy milk (skim or whole)
2 tbsp granulated sugar
2 tbsp cornstarch
1 cup flacked coconut
walnuts, chopped (optional)

Instructions

Prepare the coconut filling: Pour in a heavy saucepan the milk, the sugar and the cornstarch, whisk to combine. Bring to a boil stirring occasionally to not let it burn. Remove from the heat, let cool 5 minutes, stir in coconut, add walnuts (optional). Cover with a plastic wrap, refrigerate about 1 hour.
prepare the cupcakes: Preheat oven to 375°F. Lightly grease 12 muffin cups. Combine the first 5 ingredients together. In another bowl combine the applesauce with the milk and the vanilla extract. Stir in the flour mixture. Fill 1/2 muffin cup with the batter. Place

1 tbsp of the coconut filling in the center. Cover with 1-1/2 tbsp of the cupcake batter. Repeat the same with the rest of the cupcakes. Bake in the preheated oven about 25-30 minutes. Chill 5 minutes and serve.