

# PRUNE CUPCAKES

Prunes take the place of oil or margarine in this easy to make cake

## INGREDIENTS

- 1/4 C Egg substitute
- 1 t Vanilla
- 1 t Baking Soda
- 1 1/2 C Prunes (pitted) (coarsely chopped)
- 1 C Water (boiled)
- 1 t Coffee (instant)
- 1/2 C Honey
- 2 1/4 C Whole wheat pastry flour **OR** gluten-free flour
- 2/3 C Sugar substitute
- 1 C Walnuts (chopped)
- Non-stick cooking spray



## DIRECTIONS

- 1 Pre-heat oven to 350 F
- 2 Don't use any cupcake liners
- 3 Instead spray non-stick cooking spray on the bottom & side in each cupcake 'well'
- 4 In a large bowl, mix egg substitute, vanilla, baking soda, prunes, coffee & boiling water until blended
- 5 Cover & let stand 20 minutes
- 6 Stir honey, flour, sugar substitute & walnuts into the prune mix
- 7 When thoroughly blended, pour batter into the cupcake 'wells'
- 8 If you have extra batter, you can either start another cupcake pan or make a small loaf cake with the extra but don't forget to spray with the non-stick cooking spray
- 9 Bake on the middle shelf of your oven for 45 - 60 minutes **OR** until a wooden toothpick comes out clean
- 10 Allow cupcakes to cool for at least 30 minutes before trying to remove them to a rack to continue to cool

**If you don't say anything, your family will never guess that prunes are the secret ingredient in this recipe**



