



Pumpkin Spice Cake

INGREDIENTS:

¼ cup Canola oil
1 each Egg
1 ounce Egg beaters
2 cups Pumpkin puree
1 ½ cups Sugar
2 ½ cups All purpose flour
2/3 cup Non-fat yogurt
1 teaspoon Vanilla extract, pure
1 teaspoon Baking soda
1 teaspoon Nutmeg, ground
1 teaspoon Allspice, ground
1 ½ teaspoons Cinnamon, ground
1 teaspoon Cloves, ground
¼ teaspoon Salt

Cream Cheese Frosting

8 ounces Fat free cream cheese
½ cup Confectioners sugar
½ cup Skim milk
1 teaspoon Vanilla extract, pure

PREPARATION:

- Preheat oven to 350° F
- In mixing bowl, add all wet ingredients together
- In a separate bowl, mix all dry ingredients
- Slowly add dry mix to wet mix, and mix until all ingredients are well combined.
- Spray baking pan, or cup cake pans, with non-stick cooking spray.
- Then, use ¼ cup scoops for each cup cake or if making a full cake, just spread batter in the bottom of the pan evenly.
- Bake in oven for about 20-25 minutes for the cake and 15-20 minutes for the cup cake tins.
- When done, put on counter to cool for five minutes. Then, invert the pan and flip cake or take cup cakes out.

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- When cooled, cut through the center of the cakes the long way, take off the top. Then spread fat free cream cheese frosting over each mini cake or the full cake.
- Then top with fat free cool whip or whipped topping. (Optional).

Number of Servings: 18 cup cakes or 1/18 piece

Serving Size: 1 each, ½ cup cooked

Calories: 150 w/o frosting, 180 with

Fat Grams: 3.5 w/o frosting, 4 with

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