

Cream Cheese Pumpkin Muffins

Ingredients:

1/2 cup light, tub-style cream cheese	1 teaspoon ginger
2 1/2 teaspoons powdered sugar	1/4 teaspoon cloves
1/4 cup + 2 tablespoons baking Splenda	1 large egg
1/4 cup + 2 tablespoons granulated sugar	2 large egg whites
1 3/4 cup all-purpose flour	3/4 cup canned pumpkin
1 1/2 teaspoons baking powder	1/3 cup unsweetened applesauce
1/2 teaspoon baking soda	3 tablespoons vegetable oil
2 teaspoons cinnamon	2 tablespoons molasses

Directions:

Preheat oven to 375*. Line 12 muffin cups with paper or foil liners, or spray with non-stick cooking spray.

In a small bowl, thoroughly blend the cream cheese and powdered sugar. Set aside.

In another bowl, using an electric mixer, beat the Splenda, sugar, egg and egg whites for approximately 3-4 minutes until doubled in volume. Add pumpkin, applesauce, oil and molasses, and beat on low until blended.

Add dry ingredients – flour, baking powder, baking soda, cinnamon, ginger and cloves. Stir until incorporated, but do not over-blend.

Spoon in about 3 tablespoons of batter into each muffin cup. Make an indentation in each muffin. Place a heaping teaspoon of the cream cheese mixture into each muffin. Top each muffin with additional batter to mostly cover cream cheese mixture.

Bake for 18-20 minutes or until the center of the muffin springs back when lightly touched. Cool for 5 minutes before moving muffins to a wire rack for cooling.

Nutritional Info:

Calories: 164
Carbs: 27
Fat: 6
Protein: 4
Sodium: 187