

Quick & Easy
Just Bake
It Happen!®



Deep Chocolate VitaMuffin Mix
(Chocolate Muffin Mix)

Ingredients:

1 package of Deep Chocolate VitaMuffin Mix

2 egg whites

1 cup water

1 Tablespoon of mint flavored extract

Cool Whip Free®

12 Sugar-Free Jelly Belly Beans®

VitaRecipes:

Minty Chocolate VitaCupcakes

MAKES ONE DOZEN 2-OZ. VITACUPCAKES

Original VitaMuffin Mix: 80 Calories, 6g Fiber, 1.5g Fat.

As prepared below: 150 Calories, 5g Fiber, 2.5g Fat.



Instructions:

Preheat oven to 375°F (190°C). Line standard muffin pan with baking cups (for best results use only foil baking cups). Set aside. In large mixing bowl combine Deep Chocolate VitaMuffin Mix, water and egg whites in large bowl. Add mint flavored extract. Mix well.

Scoop VitaMix into baking cups and bake for about 25 minutes.

Allow thorough cooling

Dip muffin top side down into Cool Whip® Free “frosting” and top each frosted cupcake with a Sugar-Free Jelly Belly Bean. Enjoy!

Tip: Do not frost cupcakes until ready to serve. That way you can freeze any unused, unfrosted cupcakes for later.