

Pumpkin Snack Cakes

Teenagers are always rummaging through the cupboards for a snack. Make Pumpkin Snack Cakes and store them in the freezer. Better than cookies, one little cake has over a gram of fiber and provides 20% of the RDA of Vitamin A. Dry milk powder and chopped apricots replace the sugar to add extra calcium and Vitamin C.

1–15 ounce can pumpkin (1 1/2 cup cooked pumpkin)
1/2 cup sugar
3 eggs
1 cup canola oil
1 1/2 cup skim milk
1/2 cup fat-free dry milk powder

Beat all together with electric mixer in large bowl.

1/2 cup wheat germ
2 cups whole wheat flour
1 tablespoon cinnamon
1 1/2 teaspoon grated nutmeg
2 tablespoons baking powder

Mix together in medium bowl.

1 cup chocolate chips
1/2 cup finely chopped dried apricots

Stir dry mixture into pumpkin mixture. Stir in chocolate chips and finely chopped dried apricots.

Preheat oven to 350 degrees. Spray mini-muffin pans with cooking spray. Spoon batter into pans and bake for about 15 minutes, until a toothpick comes out clean. Let cool on rack. Store in tins, plastic bags or plastic containers.

Makes 72 cakes.

83 calories, 2 grams protein, 10 grams carbohydrates, 4 grams fat, 1 gram fiber, 29 mg sodium.