Chocolate Chip Spiced Cupcakes

Ingredients

1 1/3 cup(s) whole wheat flour
2/3 cup(s) all-purpose flour
1 tsp baking powder
1/2 tsp baking soda
1/2 tsp ground allspice
1/2 tsp ground cloves
1/4 tsp freshly grated nutmeg
1/4 tsp table salt
2/3 cup(s) sugar
1 large egg(s)
1/2 cup(s) reduced-fat sour cream
1/2 cup(s) unsweetened applesauce
3/4 cup(s) fat-free skim milk, divided
1/2 cup(s) mini chocolate chips, divided

Instructions

Preheat oven to 325°F. Prepare a 12-whole cupcake tin with paper liners.

In a large bowl, combine both flours, baking powder, baking soda, allspice, cloves, ginger, nutmeg and salt; mix well to combine.

With an electric mixer, in a large bowl, beat sugar and egg until fluffy. Add sour cream and applesauce; beat again. Add about 1/3 of flour mixture and 1/4 cup of milk; mix to combine. Continue alternating flour mixture and milk until all ingredients are combined; fold in all but 1 tablespoon of chocolate chips. Pour batter into prepared tin, about 2/3 to 3/4 full each; sprinkle a few chips over each cupcake. Bake until a toothpick inserted in center of a cupcake comes out clean, about 27 to 32 minutes. Cool in pan for 5 minutes and then move to a wire rack to cool more. Yields 1 cupcake per serving.

Notes

Change the flavor by trading the chocolate chips for some caramel sauce or raisins. Or top the cupcakes with spiced whipped cream (could affect PointsPlus values).

You can also coat your pan with cooking spray and skip using the paper liners.