Healthy Holiday Treats by Jessica Van Roo

100 Calorie Chocolate Cupcake

Ingredients
Makes about 12 cupcakes

For Cupcake
- 1 cup non-fat milk
- 1 teaspoon apple cider vinegar
- ½ cup all-purpose flour
- ½ cup whole wheat pastry flour
- 1/3 cup unsweetened cocoa powder
- 3/4 teaspoon baking soda
- 1/2 teaspoon baking powder
- 3/4 cup packed light brown sugar
- 1/2 cup unsweetened applesauce
- 1 teaspoon vanilla extract

Directions
1) Preheat the oven to 350 F. Line a cupcake pan with liners and set aside.
2) In a small bowl, stir together milk and vinegar. Set aside to allow to curdle.
3) In a medium bowl, whisk together flour, cocoa powder, baking soda, and baking powder. Set aside.
4) In a large bowl, combine brown sugar, applesauce and vanilla. Pour in milk and mix well.
5) Stir in dry ingredients until just combined. The batter will be thin and wet.
6) Divide it evenly among the prepared muffin cups. Bake for about 15- 18 minutes, until a toothpick inserted in the center of one comes out clean.
7) Let cool for 10 minutes on a wire rack before removing to cool completely.