Recipe

Makes 24 cupcakes

Ingredients
♦ 2 Eggs
♦ 1 Cup Sugar
♦ 2/3 Cup low fat buttermilk
♦ 2 Cups Applesauce, no sugar added
♦ 4 Cups All-Purpose Flour
♦ 4 Teaspoons Baking Powder

Filling
♦ 1 large lemon, juiced, about 1/4 cup strained
♦ 1 large tangerine juiced, about 1/4 cup strained
♦ 1/2 cup baker's (fine) sugar
♦ 2 large eggs
♦ 1 tbsp lemon zest
♦ 1 tbsp tangerine zest

Directions
1. Line 2 muffin pans with cupcake liner.
2. In a medium mixing bowl combine egg, sugar, buttermilk and applesauce, mix well.
3. In another bowl whisk together flour, and baking powder. Add applesauce mixture into flour and mix, just until combined, do not over mix.
4. Spoon the mixture into the cupcake liner, about 2/3 full, and bake for about 17 minutes.
5. Test for doneness with a toothpick: if the toothpick comes out moist, then let cook for another minute or so. If dry, then muffins are done.
6. To make filling: Place strained juices and sugar in a small saucepan. Heat on low and stir until sugar has dissolved.
7. Lightly beat egg in a medium bowl. Remove juice from heat and pour slowly into beaten egg while stirring the mixture with a whisk. Continue to whisk by hand for one minute.
8. Return mixture to saucepan; add zest, and heat on low until it thickens (about two minutes).
9. Remove from heat. Transfer to a container and cover and cool.
10. Insert a paring knife into a cooled cupcake at an angle, around 45 degrees, halfway between the center and the outside edge, and cut a circular cone out.
11. Slice off the pointy end of the cone, leaving just the circular base (which was the very top of the cupcake). The filling will be put in the hole once filled by the cake cone, and the circular piece will be used as a plug to seal the filling in.
12. Put filling in a Ziploc bag and cut off the tip of the bag. Fill each of the cupcakes and place the flat circle of cake back into place. Serve.

Nutritional Information

Nutrition
Serving Size: 79 grams
Calories 163
Calories from fat 9
Total Fat 1.1 grams (2%)
Cholesterol 29 mg (10%)
Sodium 20 mg (1%)
Total Carbohydrate 35.4 grams (12%)
Dietary Fiber 0.9 grams (3%)
Sugars 18.7 grams
Protein 3.4 grams

Vitamins
Vitamin A: 1%
Vitamin C: 5%
Calcium: 5%
Iron: 7%

Good Points
Low in saturated fat
Very low in sodium

Nutrition Grade
A

Created, cooked, and provided by Culinary Chef Jessica Vanroo at Health & Fitness Fridays workshop on April 20, 2012