
Pupcakes



1 large apple
1 1/2 cups whole wheat flour
1/4 cup oatmeal
2 tsp baking powder
1/2 tsp baking soda
1/2 cup plain yogurt
1/2 cup water
1/4 vegetable oil
2 tblsp honey
2 eggs
1 cup grated cheese

Frosting: 18 oz lowfat cream cheese
2 tblsp plain yogurt
2 tblsp honey

1. Preheat oven to 375°F. Grease muffin tins.
2. Core, slice and mince the apple. Set aside.
3. In a large bowl, mix flour, oatmeal, baking powder and baking soda together.
4. In a medium bowl, blend the yogurt, water, oil, honey and eggs together. Then stir in the apple and cheese.
5. Add the wet mixture to the flour mixture, stirring well.
6. Spoon into the muffin tins, filling each cup about three quarters full.
7. Bake for 20 minutes, or until a toothpick inserted in the center of a muffin comes out clean.
8. Remove from oven and let rest in the tins for a few minutes, then remove and set aside to cool completely.
9. For the frosting, combine the cream cheese (at room temperature), honey and yogurt until smooth. Spread on the pupcakes.

Makes about 16 pupcakes. If you prefer a single-layer cake, spoon the batter into a sheet pan and bake for an extra 10 minutes. Let cool before serving. Keep in an airtight container.
