



The Right Choice...for a Healthier You!TM

February 2014

Devil's Food Cupcakes with Almond-Mocha Topping on Raspberry Sauce

Eating healthy can be fun and creative while including your favorite comfort foods! Try this recipe from the American Heart Association that includes a serving of fruit that will help keep your friends and family hearts strong. Don't like coffee flavor? No problem, leave that ingredient out while still maintaining a delicious robust chocolate taste. **Happy Heart Month and Valentine's Day!**

Ingredients

Cooking spray

Cupcakes

- 1 18.25-ounce box devil's food cake mix
- 1 2.5-ounce jar baby food pureed prunes
- 1 cup strong coffee, or 1 cup water plus 2 teaspoons instant coffee granules
- 3 large egg whites
- 2 tablespoons canola or corn oil

Sauce

- 2 12-ounce packages frozen unsweetened raspberries, thawed
- 1/2 cup sugar
- 1 1/2 tablespoons cornstarch
- 1 teaspoon vanilla extract

Topping

- 2 teaspoons instant coffee granules
- 2 teaspoons water
- 8 ounces frozen fat-free whipped topping, thawed in refrigerator
- 2/3 cup sliced almonds, dry-roasted



American Heart Association[®]

Learn and Live



Cooking Instructions

Preheat the oven to 325°F, or as directed on the package. Lightly spray two 12-cup muffin pans with cooking spray. In a large mixing bowl, combine the cupcake ingredients. Follow the package directions for beating the batter and baking and cooling the cupcakes. Meanwhile, in a medium saucepan, stir together the raspberries, sugar, and cornstarch until the cornstarch is dissolved. Bring to a boil over medium-high heat. Boil for 1 to 1 1/2 minutes, or until thickened, stirring frequently. Remove from the heat. Let cool completely, about 20 minutes. Stir in the vanilla. In a medium bowl, stir together the coffee granules and water until the coffee is dissolved. Fold in the whipped topping until well blended. Cover and refrigerate until needed.

For each serving, spread 1 tablespoon plus 2 teaspoons raspberry sauce on a dessert plate, top with a cupcake, spoon 1 tablespoon plus 2 teaspoons whipped topping mixture over the cupcake, and sprinkle with about 1 1/2 teaspoons almonds.

Cook's Tip

When shopping for cake mix, read the Nutrition Facts labels and choose a product with 0 grams of *trans* fat. You can refrigerate any leftovers from this recipe for up to 48 hours or freeze them for later use. Keep the cupcakes, the sauce, and the whipped topping in separate airtight containers.

Nutritional Analysis	Per serving
Calories Per Serving	173
Total Fat	4 g
Saturated Fat	1 g
Trans Fat	0
Polyunsaturated Fat	1 g
Monounsaturated Fat	2 g
Cholesterol	0 mg
Sodium	198 mg
Carbohydrates	31 g
Fiber	2 g
Sugar	18 g
Protein	2 g



Nutritional Information Provided By

Carmen Gorniak, RD, CD

USConnect Staff Dietitian

cgorniak@usconnect.biz

USConnect