



Yam Apple Cupcakes

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- 1 cup canned yam
- 1 tsp vegetable oil
- 3 Tbl applesauce
- 3 Tbl unsalted butter, melted
- 1 cup flour
- $\frac{3}{4}$ tsp baking soda
- $\frac{3}{4}$ tsp cinnamon
- $\frac{1}{2}$ tsp ginger
- $\frac{1}{4}$ tsp salt
- $\frac{3}{4}$ cup sugar
- $\frac{1}{3}$ cup brown sugar
- 1 egg
- 1 $\frac{1}{2}$ Tbl fat free milk

Preheat oven to 350F. Line a 12-cup muffin tin with cupcake liners and spray them with pan spray. Place yams and vegetable oil in a food processor and puree until smooth. In a large bowl combine $\frac{3}{4}$ cup of the yam puree with the applesauce, sugar, brown sugar, egg, and milk. Mix

In a medium bowl whisk together the flour, baking soda, cinnamon, ginger, and salt. Add the flour mixture to the yam mixture and gently stir until just combined. Be careful not to over mix. Add the butter and mix until smooth.

Divide the batter evenly among the muffin cups.

Bake for 20-25 minutes or until top of cupcake springs back when touched.

Laughing Cow Frosting

- 4.5 oz of Laughing Cow light swiss cheese, 6 wedges
- $\frac{1}{8}$ cup of butter
- 1 tsp vanilla
- 2 cups powders sugar, sifted

Beat the laughing cow, butter and vanilla in a large bowl. Gradually add the sugar and beat well after each addition.