

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



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

Directions:

Preheat oven to 325° F, or as directed on cake mix 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 & 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.

Makes 24 servings (1 serving = 1 cupcake, 1 tablespoon plus 2 teaspoons sauce and 1 tablespoon plus 2 teaspoons topping)

Nutrition Info per serving: 173 calories, 4g fat, 0 trans fat, 198mg sodium, 2g fiber, 18g sugar, 2g protein

Source: American Heart Association