



PERFECT WHITE CUPCAKES

Basic Lifestyle

Ingredients:

1-3/4 cups cake flour
2 TSP baking powder
½ TSP baking soda
1/3 cup low-fat butter or margarine (at room temperature)
1/3 cup Splenda granulated sweetener
3 egg whites
1 SP vanilla extract
½ TSP almond extract
2/3 cup low-fat milk

Instructions

1. Preheat oven to 325°.
2. Lightly coat 12 muffin cups with baking spray (paper or foil liners may be added before spraying). Sift together flour, baking powder and soda.
3. On medium speed, beat butter and Splenda until fluffy. Add egg whites and extracts; continue mixing until all ingredients are incorporated.
4. Stir one-third of flour mixture into wet mixture. Stir in one-third of milk. Repeat until all ingredients are combined. Do not over-mix. Scoop batter into muffin cups (about 1/4 cup batter each). Bake 15-17 minutes or until center springs back when touched.

Portion-Per-Serving Information (Yields 12 servings)

Serving = 1 cupcake = 1 G