# Pina Colada Cupcakes

Cupcakes are a perfect dessert addition to any potluck as they can serve many with little effort on your part. This recipe is made without any eggs or oil and as a result, is extremely low in fat compared to traditional cupcakes. And they couldn't be easier to put together!  The flavour will take you on a three-minute vacation to the islands all without having to grab your passport! And at under 160 calories per cupcake, you can treat yourself to a cupcake without the guilt!



### Ingredients

Cake:
1 box yellow cake mix
20oz can of crushed pineapple in juice (do not drain)

Frosting:
8oz light cream cheese
20oz can of crushed pineapple in juice, drained
1 cup sweetened coconut flakes
¼ cup sugar

### Preparation

1. Preheat oven to 350℉.

2. Combine cake mix and undrained pineapple in large bowl. Mix on medium speed with electric mixer.

3. Pour batter into lined cupcake tins to about 2/3 full. Place in oven for 18-21 minutes. When toothpick inserted into middle comes out clean, they are done. Remove from oven and allow to cool completely on wire rack.

4. Meanwhile, combine the cream cheese, drained, crushed pineapple, sugar and coconut flakes in a medium bowl and mix with hand mixer until combined well.

5. Once cupcakes have cooled completely, frost cupcakes and refrigerate until ready to eat. Serves 24.

### Nutrition (per serving)

153.5 calories, 4.1g fat; 1.2g protein; 27.2g carbohydrates; 1.3g fibre; 16.5g sugar

Nutrition Bonus: Pineapple is a great source of Vitamin B1, Vitamin C and potassium!

*Source: www.skinnytaste.com*