

Raspberry Swirl Cupcakes

Ingredients:

- 2 cups raspberries
- 12 fresh berries for garnish
- 1 tablespoon plus 3/4 cup granulated sugar, divided
- 3/4 cup whole-wheat pastry flour
- 3/4 cup cake flour
- 1 1/2 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon kosher salt
- 2 large eggs
- 1 teaspoon vanilla extract
- 1/2 cup nonfat buttermilk
- 8 ounces reduced fat cream cheese at room temperature
- 1 cup packed confectioners sugar
- 1 1/2 teaspoon freshly grated lemon zest, divided

Directions

1. To prepare cupcakes: Preheat oven to 350°F. Line 12 muffin cups with paper liner; coat the liners with cooking spray.
2. Puree raspberries and 1 tablespoon granulated sugar in a blender or food processor until smooth. Strain through a fine-mesh sieve into a small bowl, pressing with a rubber spatula to extract all the puree; discard seeds.
3. Reserve 4 teaspoons of the puree for the frosting.
4. Whisk whole-wheat flour, cake flour, baking powder, baking soda, and salt in a medium bowl.
5. Beat 3/4 cup granulated sugar and oil in a large mixing bowl with an electric mixer on medium speed until combined.
6. Beat in eggs, vanilla, and 1 teaspoon lemon zest until well combined. With mixer on low, alternately mix in the dry ingredients and buttermilk, starting and ending with dry ingredients, scrap sides of bowl as needed, until just combined.
7. Fill the prepared cups half full of batter. Place a scant tablespoon of raspberry puree on each cup (you may have some leftover).
8. Divide remaining batter evenly among the cups. Use a wooden skewer or toothpick to swirl and fold the puree into the batter.
9. Bake cupcakes until a toothpick inserted into the center comes out clean, 22 – 24 minutes. Transfer to a wire rack and let cool completely.
10. To prepare frosting: Beat cream cheese, confectioners sugar, 1/2 teaspoon lemon zest, and the reserved 4 teaspoons raspberry puree with an electric mixer until smooth.
11. Refrigerate frosting until very cold, at least 2 hours. Spread frosting on the cooled cupcakes and decorate with a raspberry on top, if desired.
12. Make ahead tip: cover and refrigerate frosting (Step 7) for up to 3 days. Store cooled cupcakes airtight at room temperature for up to 1 day.

Nutrition Facts

Serving Size 1 cupcake each (87g)
Servings Per Container 12

Amount Per Serving

Calories 170 **Calories from Fat** 40

% Daily Value*

Total Fat 4.5g **7%**

Saturated Fat 2.5g **13%**

Trans Fat 0g

Cholesterol 40mg **13%**

Sodium 240mg **10%**

Total Carbohydrate 28g **9%**

Dietary Fiber 2g **8%**

Sugars 13g

Protein 5g

Vitamin A 6% • **Vitamin C** 10%

Calcium 8% • **Iron** 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

