

Cream Cheese Filled Pumpkin Muffin

4 oz. fat-free cream cheese
2 1/2 tbsp. Splenda™
1 tbsp. liquid egg substitute
1/4 tsp. vanilla extract
2 cups whole-wheat flour
2 tsp. baking powder
1 1/2 tsp. cinnamon
1 1/2 tsp. pumpkin pie spice
1/2 tsp. baking soda
1/8 tsp. salt
One 15-oz. can pure pumpkin
1/2 cup liquid egg substitute
2/3 cup Splenda™

Preheat oven to 350 degrees. Line a 12-cup muffin pan with baking cups.

Combine cream cheese with 2 ½ tbsp. Splenda, and stir until smooth in a medium bowl. Add egg substitute and vanilla extract and stir until well mixed.

In a large bowl, combine flour, baking powder, cinnamon, pumpkin pie spice, baking soda, and salt.

In medium-large bowl, combine remaining ingredients and whisk together. Add to the flour mixture and stir until just mixed and smooth--batter will be thick.

Evenly distribute half of the muffin batter among the cups of the muffin pan and smooth out the surfaces. Use a spoon to form an indentation in each cup of batter large enough to hold about 2 tsp. filling. Fill each indentation with the cream cheese filling.

Top the muffin cups with the remaining batter and smooth out the surfaces. Bake until a toothpick inserted into the center of a muffin comes out clean, 16 - 18 minutes. Makes 12 servings.

Nutrition information per serving: 107 calories, 6 grams protein, 1 gram fat, 20 grams carbohydrate, 239 mg sodium.

