

Party Pupcakes

1 large apple
1 1/2 cups wheat flour
1/4 cup oatmeal
2 teaspoons baking powder
1/2 teaspoon baking soda
1/2 cup plain yogurt
1/2 cup water
1/4 cup vegetable oil
2 tablespoons honey 2 eggs
1 cup grated cheddar cheese

For the Frosting

8 oz lowfat cream cheese
2 tablespoons plain yogurt
2 tablespoons honey
2-3 tablespoons flour

Preheat oven to 200/gas mark 6. Grease muffin tins. Core, slice and mince the apple (use a food processor if you have one). Set aside. In a large bowl, mix together flour, oatmeal, baking powder, and baking soda.

In a medium bowl, blend together the yogurt, water, oil, honey, and eggs, then stir in the apple and cheese. Add to the flour mixture and stir until mixed. Spoon into the muffin tins, filling each cup about three-quarters full. Bake for about 20 minutes or until a toothpick inserted in the center of a muffin comes out clean. Let rest in the muffin tins for a few minutes, then remove and set aside to cool.

For the frosting, combine the low fat cheese (at room temperature), honey, and yogurt until smooth. Add enough flour to thicken the frosting to a good spreading consistency. Frost the pupcakes and you're ready for a doggone good party!

Makes 16-18 pupcakes. If you prefer a single-layer cake, spoon the batter into a sheet pan and bake for an extra 15-20 minutes (or until a toothpick inserted in the center of the cake comes out clean). Let the cake cool, then frost and decorate.