



Mann's Five – a – Day Hawaiian Cupcakes

Fill 24 paper lined cupcake tins with batter (a standard ice-cream scoop for a perfect measurement).

Bake at 325° F for 25 minutes. Cool and frost with 1 teaspoon each of your favorite light whipped dessert topping, and top with a sprinkle of the toasted coconut. Optional additions: Drizzle with ginger syrup or coconut extract. Makes 24 servings.

Nutrition Facts

Serving Size: 86g | Servings: 24

Amount Per Serving

Calories 220 | Calories from Fat 80 | Total Fat 9g (sat fat 2.5g trans 0g) | Cholesterol 35mg | Sodium 200mg | Total Carbohydrate 33g | Dietary Fiber 1g | Sugars 20g | Protein 3g | Vitamin A 2% | Vitamin C 25% | Calcium 2% | Iron 6%