



MANN™ Five – a – Day Hawaiian Cupcakes

Servings

24

Calories

220

Prep Time

15 minutes

Total Time

45 minutes

Skill Level

Easy

Ingredients

4 cups Mann's Broccoli Cole Slaw®
4 eggs
¾ cup unsweetened applesauce
2 cups sugar
¾ cup vegetable oil
3 teaspoons vanilla extract
3 cups flour
1 teaspoon salt
1 teaspoon baking soda
1 ½ teaspoons baking powder
1½ tsp cinnamon
1 cup toasted coconut
1 cup drained canned pineapple tidbits
light whipped topping
ginger syrup (optional)
coconut extract (optional)



The Method

Preheat oven to 325° F.

Puncture Mann's Broccoli Cole Slaw® bag and microwave for 5 minutes, set aside.

With electric mixer, beat eggs, applesauce, oil, sugar, cooked-chopped Mann's Broccoli Cole Slaw® and vanilla extract together. Add flour, salt, baking soda and baking powder to mixture, beat until well combined. Add cinnamon, coconut and pineapple and mix until well combined.



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%