

## *Wapakoneta Family YMCA Recipe Exchange*

*Recipe: Lowfat Muffins*

*From: Stephanie Spees*

*Oven Temp: 350 degrees Servings: 12 muffins*

*1-16oz. Can of pumpkin*

*1 box cake mix (carrot cake, devil's food or spice)*

*Mix cake mix and pumpkin together (nothing else, no eggs, oil or water)*

*Mixture is thick.*

*Spoon into 12 muffin cups.*

*Bake at 350 degrees for 20-22 minutes (take out before toothpick is totally clean)*

*These muffins are very moist and delicious.*

*Nutrition Information (if available):*

*2 points—Weight Watchers*

