

Skinny Banana Cupcakes



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Here's the Dish

If you are looking to make a quick and easy dessert that is so rich and decadent that no one will believe it is actually a 'skinny' treat, then this recipe is for you! With the addition of banana and spices, these banana cupcakes are simply delightful, and all with under 100 calories per serving! You can make them gluten free or 'all natural' by simply switching the cake mix you choose, and using Tru Whip, which is an all natural whipped topping! Enjoy!

Ingredients



- 1 (18.25) box** Duncan Hines banana, spice, or vanilla cake mix ¹
- 1 cup** Ripe bananas, packed
- 1 cup** Water
- 1/4 cup** Unsweetened applesauce
- 1/2 tsp** Cinnamon (or pumpkin pie spice)

Whipped Frosting:

- 1 cup** Fat free milk (or milk alternative)
- 1** Small package sugar free vanilla pudding mix
- 1 (8 oz)** Container light Cool Whip or Tru Whip, (a natural whipped topping)
- Optional:** 1/2 cup finely chopped walnuts, mini chocolate chips, or cinnamon for topping

¹ For a low sugar option, I like Pillsbury Moist Supreme - Sugar Free Classic Yellow Cake Mix. For a gluten free option, choose a gluten free cake mix. For an 'all natural' option, use an organic cake mix, and Tru Whip for the whipped topping.

Katie's Tip!

“ You can also use this recipe to make a cake! Just pour batter into to 8 inch cake pans, and bake for 30-35 minutes or until toothpick comes out clean!

Nutrition Breakdown

24	Cupcakes
95	Calories per Serving
1 g	Fat
19 g	Carbohydrate
0 g	Fiber
11 g	Sugar
1 g	Protein

Method

THE ESTIMATED 25-MINUTE TIME YOU WILL TAKE TO MAKE THIS RECIPE

- 1 Preheat oven to 350 degrees. Prepare 2 (12 count) muffin tins with cupcake liners, or spray with non-stick cooking spray.
- 2 In a large bowl, mix together all of the ingredients for the cupcakes, and whisk until batter is smooth. Divide the batter evenly between the 24 muffin tins. Bake in preheated oven for 20-25 minutes, or until toothpick comes out clean.
- 3 Meanwhile, in a small bowl, whisk together the milk and pudding mix until smooth. Fold in cool whip until everything is just combined. Chill frosting in the fridge until the cupcakes are completely cooled, and ready to be frosted.
- 4 When cupcakes are ready to frost, place whipped frosting in a large ziplock bag. Cut the tip off a corner of the bag, and squeeze frosting down to the cut corner. Squeeze frosting out while making a swirling/upward motion and lift at the peak! Top with walnuts, chocolate chips, or cinnamon if desired. Store cupcakes in fridge until ready to serve.

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20 Comments

SAY



Liv T said:

These look yummy! Can't wait to try ;)

FEBRUARY 25TH, 2013 — 3:08PM | [REPLY](#)



Liz said:

Pumpkin pie spice is so yummy...these look great!

Thanks Katie!

FEBRUARY 26TH, 2013 — 8:30AM | [REPLY](#)



hayley wolski said:

What is this ingredient Duncan Hines banana, spice? Or can i use a vanilla cake mix instead?

FEBRUARY 26TH, 2013 — 8:43PM | [REPLY](#)



Dashing Dish said:

Vanilla works



Amanda said:

Hey! Great recipe! One thing, are you using regular sized muffin tins, or mini's? The photo looks more like mini muffins to me so I just wanted to check. Thanks!

FEBRUARY 28TH, 2013 — 2:38AM | [REPLY](#)



Dashing Dish said:

yes regular

FEBRUARY 28TH, 2013 — 8:51AM



alexis said:

amazing! i can't believe these are only 2 pts per serving!

FEBRUARY 28TH, 2013 — 5:25PM | [REPLY](#)



Maggie said:

How long does it take the frosting to thicken? Mine is super runny and has been in the fridge for over an hour. I hope I didn't do something wrong.

MARCH 2ND, 2013 — 7:19PM | [REPLY](#)



Dashing Dish said:

It probably won't thicken much. Technically, you should be able to use the frosting right after making it and don't need to refrigerate it. I would suggest using a little less milk next time. It should be the consistency of cool whip.

MARCH 3RD, 2013 — 8:32AM



Maggie said:

Thank you. I poured in last night and let it sit in the fridge over night. It thickened enough that it stayed on the cake. I let my kids eat it for breakfast since they waited so patiently for it. They LOVED it!! Next time I will use less milk. I used almond milk so I'm not sure if that is why it didn't thicken faster. We also ate your 3 cheese chicken pasta bake last night and the family absolutely loved it. :)

MARCH 3RD, 2013 — 11:49AM



Dashing Dish said:

Glad it worked :)

MARCH 4TH, 2013 — 9:30AM



Becca said:

These were fantastic!! My friends have loved them. Super easy and great for a college budget!

MARCH 5TH, 2013 — 12:17AM | [REPLY](#)



Jenna said:

I made these last night! Super easy and delicious! I brought them into work today for a meeting and got rave reviews! They requested the recipe

right away! They couldn't believe they were healthy! Thanks Katie!

MARCH 8TH, 2013 — 4:25PM | [REPLY](#)



Mena said:

Can I use frozen bananas in this recipe??

MARCH 12TH, 2013 — 10:38PM | [REPLY](#)



Dashing Dish said:

i imagine they would be too wet, but im not sure ... i havent tried :(sorry

MARCH 13TH, 2013 — 7:49AM



Chelsee said:

I have all the ingredients for this except for the bananas. Can I substitute or skip?

MARCH 16TH, 2013 — 1:48PM | [REPLY](#)



Chelsee said:

Can bananas be left out? I have all ingredients except ripe bananas :(

MARCH 16TH, 2013 — 1:51PM | [REPLY](#)



Dashing Dish said:

yes but they wouldnt be banana flavor :) add applesauce instead

MARCH 16TH, 2013 — 4:27PM



Lucie said:

For some reason, when I input this recipe into the weight watchers recipe builder, it tells me that it is 3 WW+ points per serving... any idea why? Thanks for the recipe, it's delicious!

MARCH 18TH, 2013 — 12:57PM | [REPLY](#)



Carrie Lofgren said:

I made these just on whim the other day, and they were really easy to make. The whipped frosting turned out great, and I will definitely be using it on other desserts.

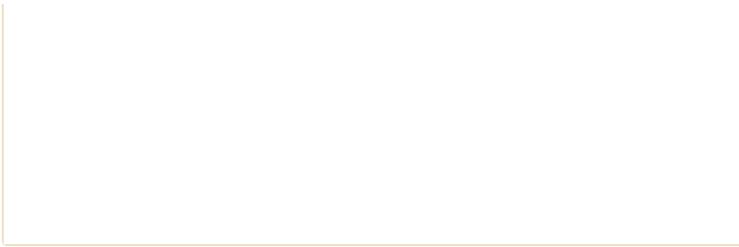
APRIL 9TH, 2013 — 11:17PM | [REPLY](#)

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