

# 4<sup>th</sup> of July Cupcakes



TOTAL TIME: 1hr

LEVEL: Easy

YIELD: 20 cupcakes

Ingredients

Cupcakes:

- 2 c. all-purpose flour
  - ½ tsp. baking powder
  - ½ tsp. baking soda
  - ½ tsp. salt
  - 1 c. granulated sugar
  - 1½ stick butter or margarine
  - 1 lemon
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- 3 large eggs
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- 1 c. low-fat buttermilk

Frosting:

- 8 oz. reduced-fat cream cheese (Neufchatel)
  - 1 c. confectioner's sugar
  - ½ pt. blueberries
  - 1 pt. raspberries
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- 1 c. sweetened flaked coconut

Directions

1. **Prepare cupcakes:** Preheat oven to 350 degrees F. Line 20 muffin-pan cups with cupcake liners.
2. On sheet of waxed paper, combine flour, baking powder, baking soda, and salt; set aside. In large bowl, with mixer on medium-high speed, beat granulated sugar and 8 tablespoons butter 5 minutes or until pale and fluffy, scraping bowl with rubber spatula. From lemon, grate 3 teaspoons peel; reserve 1 teaspoon peel and set aside. With mixer on medium-high speed, add remaining 2 teaspoons peel to butter mixture and beat 1 minute. Add eggs 1 at a time, beating well after each addition and scraping bowl with rubber spatula. With mixer on low speed, add flour mixture into egg mixture alternately with buttermilk, beginning and ending with flour mixture, just until blended.
3. Divide batter evenly among cupcake liners. Bake 18 to 20 minutes or until golden brown and toothpick inserted into center of cupcake comes out clean. Cool in pans on wire racks 10 minutes. Remove from pans; cool completely on wire racks. (Cupcakes can be stored, well-wrapped, at room temperature up to 2 days, or in freezer up to 1 month.)
4. **Prepare frosting:** In bowl, with mixer on low speed, blend cream cheese, confectioners' sugar, remaining 4 tablespoons butter, and remaining 1 teaspoon lemon peel. Increase speed to high; beat 3 to 5 minutes or until pale and fluffy.
5. Spread frosting on cupcakes. Top 4 cupcakes with blueberries, 8 with raspberries, and 8 with coconut; arrange on platter to resemble American flag. **EACH BERRY CUPCAKE:** About 240 calories, 4 g protein, 32 g carbohydrate, 11 g total fat (7 g saturated), 2 g fiber, 61 mg cholesterol, 245 mg sodium. **EACH COCONUT CUPCAKE:** About 260 calories, 4 g protein, 30 g carbohydrate, 14 g total fat (9 g saturated), 1 g fiber, 61 mg cholesterol, 240 mg sodium.